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NOVEMBER/DECEMBER 2016

BRILLIANT HOLIDAYS

48 STRESS-LESS RECIPES

Create a Perfect **Cheese Board**

Cook Sides Like a Chef

Bake Healthy (*Scrumptious*) Treats

Great Gifts *for* Food Lovers

EAT THIS: **Sleep Better Tonight**

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power through the holidays

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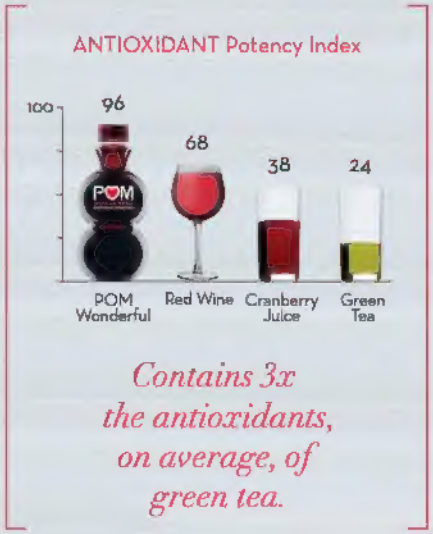

Contains 3x the antioxidants, on average, of green tea.

In a preliminary 2014 UT study on 45 recreationally active young men, the post-exercise arm and leg strength was significantly higher in men drinking 8oz of pomegranate juice daily compared to the placebo group. On day four of the eight-day trial, they completed a defined exercise regimen, and isometric muscle strength in the arm and leg was measured over the following four days.

Although the research reported is promising, additional clinical research is needed to establish causation and the potential impact of pomegranate polyphenols on exercise.

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Information Provided by POM Wonderful.

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BRING SABOR TO THE HOLIDAYS WITH **OLIVES FROM SPAIN**

With a wide variety of sizes, shapes, flavors, and colors, Olives from Spain are a festive addition to any holiday meal. Only 37 calories per 7 olives, they'll satisfy your palette while giving you a head start on your New Year's health goals. So whether it's in a recipe or as an appetizer, serve up some *Gordals*, *Manzanillas* and *Hojiblancas* and bring sabor to the holidays.

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Combine Spanish Olives with garlic, oregano, bay leaves, red pepper, vinegar, lemon, and olive oil for into a unique appetizer that's perfect for your holiday party.

Visit **OlivesfromSpain.us** for recipes, tips and more sabor.

OLIVES SPAIN

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93 Cheese Nation
America is in the midst of an artisanal cheese revolution and new science gives us license to love it. Cheese fanatics, *this* is our moment!
BY LAURA WERLIN

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Want loads of powerful nutrients? Reach for fiery-hued produce, from winter squash and carrots to papaya and sweet potatoes.
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118 Perfectly Sweet
Boston-based chef Joanne Chang owns Flour Bakery, beat Bobby Flay in a sticky bun throwdown and stays fit enough to have run the Boston Marathon 16 years in a row. It's no surprise that creating these holiday favorites made with a little less sugar was a piece of cake for her. BY JOANNE CHANG

CLOCKWISE FROM TOP LEFT: JEFF KAUCK; BILL WADMAN; HELEN NORMAN (2); KARLA CONRAD

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Have a Cheesy Holiday

JESSIE PRICE
EDITOR@EATINGWELL.COM

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A couple of months ago, I went to the Vermont Cheesemakers Festival at Shelburne Farms down the road from EatingWell. I meandered through the 100-year-old brick barn, nibbled on cheese and chatted with cheesemakers. (In our tiny state with a population of just 626,000, we have over 50 cheesemakers, making it the highest per capita in the U.S.) I asked about how they made the cheese, how a funky rind was formed or what their animals grazed on. Citizen Cider poured the best accompaniment of the day, a tart cider made from Northern Spy apples. Heaven.

But the real highlight was meeting the painter Mike Geno. I've had a wee obsession with his work since I read about him in *The New York Times* in 2012. He paints cheese portraits. Well actually, he occasionally paints other subjects, scrapple, bacon and sushi among them. But there's no doubt that it's cheese that is his specialty and the reason he was able to leave his job teaching and make a living painting. When you talk to him or see the descriptions (more like love notes) that accompany each portrait, it's clear that his choice of cheese is not just a financial calculation. He is entranced by his subject.

There's something about cheese. It's all so different—the textures, the smells, the milks, how it's aged or not really aged at all. Some is barny and funky. Others are mild and ethereal. It even varies from batch to batch. It changes as it sits in your cheese drawer or as it warms up to the ideal temperature. It's complex. And today American artisanal cheese is exploding. Take the annual American Cheese Society event as an example: 30 years ago fewer than 100 entries competed. This year there were over 1,800.

Cheese has inspired a legion of experts and devotees. Mike Geno is just one of them. And just as I was excited to meet him, I am excited to share with you the array of gurus we've assembled for "Cheese Nation" on page 93. Laura Werlin, who has written six books on cheese and travels the country lecturing and consulting on cheese, recommends shops to visit, how to curate the perfect cheese board and how to make a tomato and fennel fondue. We meet three artisanal cheesemakers: Andy Hatch of Uplands Cheese and brothers Mateo and Andy Kehler of Jasper Hill. Head beer maestro of Brooklyn Brewery, Garrett Oliver, delivers tips on pairing beer with cheese. To top it off there's a portrait of Emilio Mignucci, one of the owners of Di Bruno Bros. in South Philly. When you see the shot of Emilio, who is literally wedged behind outrageous displays of cheese and charcuterie, you are going to want to get there immediately.

Why am I making this fuss about cheese right now? Shouldn't I be talking about cooking for the holidays? Well, probably. And of course this issue *is* stacked with amazing holiday recipes that I want you to try. But I think cheese is a pretty appropriate topic because there's always one guarantee in my holiday season: I'm going to be buying, eating and serving some serious cheese. Plus this story is particularly timely—new research says it's actually good for you (*see page 94*). So enjoy the cheese now. You can thank me for that final little nugget of nutrition wisdom later.

Mike Geno painted this wedge of Humboldt Fog, one of my favorite cheeses, as a commission for me. Check out his originals and prints at *mikegeno.com*. They make a great gift!

COURTESY MIKE GENO

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FEEDBACK

Enjoyed your article on coffee production at Coopedota in Costa Rica ["Complicated Cups," p. 74, Sept./Oct. 2016]. We highly recommend the Savegre Hotel Natural Reserve & Spa in nearby San Gerardo de Dota.
—Anna Osborn, Kerrville, TX

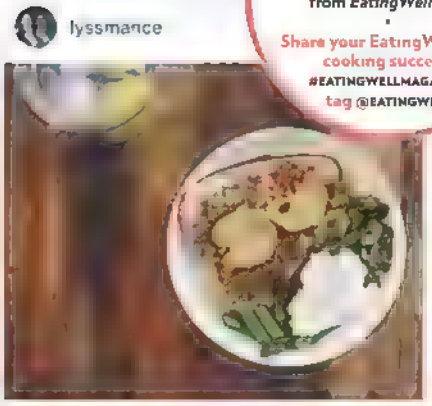
I am disappointed the recipe index does not include a protein count! Can you include it going forward?
—Kathy Presto, Portland, OR

EDITOR'S REPLY: *The complete nutrition analysis runs at the end of each recipe—and from this issue on, protein will be on our recipe index (p. 138).*

I had your [EatingWell Frozen Entrées] Vermont Cheddar Mac & Cheese for dinner last night. I was so surprised at the taste of *real* food. You have a new fan.
—Courtney Sandow

Alyssa Mance's Coriander & Lemon-Crusted Salmon with Asparagus Salad & Poached Egg from *EatingWell.com*

Share your EatingWell mag cooking success! #EATINGWELLMAGAZINE tag @EATINGWELL



lyssmance

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lyssmance Can confirm I've made this. Can confirm it was the tastiest meal of all time Still not domesticated. ✓ #eatingwell #eatingwellmagazine

THE BIG QUESTION

What's your biggest holiday cooking disaster?

"My first time preparing Thanksgiving dinner on my own: After 50 or so calls to my mother for advice, all the sides were in the oven and the turkey was resting. I decided to give Mom one last call to tell her all was well, but I couldn't find that phone to save my life! Opening the oven, there it was. Broccoli, Rice & Cheese Casserole... with a lovely cordless-phone topping!"
Heather Smith

"Eating my grandmother's cornbread stuffing (I'd made it from memory), my guests had the most horrific looks on their faces. One asked, 'Did you bake the cornbread before you made it?' Uh, no. I didn't. Lesson learned!"
Heather M. Evans

"I couldn't find the bag of turkey organs after 20 minutes searching the cavity. Once the turkey was cooked and mostly eaten? Found it."
Lisa Marie Brooks

"I really had to push hard, poking whole cloves through pineapple rings on our Christmas ham. After the ham came out of the oven and my boyfriend began slicing it up, we realized... it was still plastic-wrapped. No wonder the cloves didn't want to go in!"
Sharon Coolidge

"My brother left his Christmas hard sauce [a butter, sugar and booze combo] on a table with lit candles. (He's known to go heavy on the brandy and light on the butter and sugar.) The table was up in flames when he returned a minute later!"
Sara Perry

"Not thawing the turkey in time and having to bathe it in the tub. This has happened more than once."
@StephEUnger

"My dog ate the entire raw turkey while it was defrosting in the sink. 16 pounds!"
Kym Ganeles

THE NEXT BIG QUESTION

What's your go-to healthy Super Bowl party dish?

Email us at editor@eatingwell or use #EatingWellBigQuestion on Twitter.

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Kale & Caramel

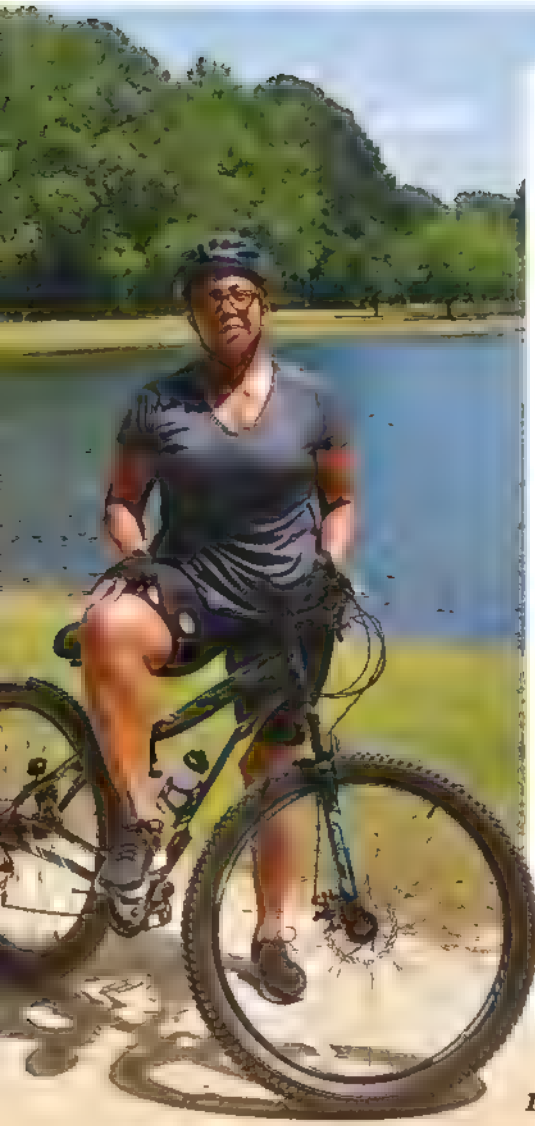
Growing up, Lily Diamond worked alongside her mother, a developer of all-natural massage oils for spas across Maui, Hawaii. Her mother's love for plants struck a chord. "I understood how important it was for what I put on my body to be as pure as what I ate," she says. Today, Lily shares her own recipes for all-natural DIY body products on her L.A.-based food and lifestyle blog *kaleandcaramel.com*. "Everything is completely edible," Lily says of the masks and scrubs she makes, though she doesn't recommend actually eating them. (Some of her scrubs are salt-based—exfoliating, but not exactly tasty.) For Lily, inspiration comes from volunteering at her community garden and frequenting local farmers' markets. "The fruit and plants that I see growing, what I see farmers bringing to market each week—all of those end up being my compass," she says. Try her rejuvenating Cranberry Coconut Salt Scrub for a thoughtful homemade hostess gift. —*Jessica Demarest*

Cranberry Coconut Salt Scrub

- ⅓ cup sea salt
- ⅔ cup whole fresh cranberries, very finely chopped
- 1 tablespoon finely shredded unsweetened coconut
- 1 tablespoon raw virgin coconut oil, softened
- ⅛ teaspoon ground clove *or* allspice

Combine all ingredients in a small bowl. Mix until thoroughly incorporated. Keeps for about 1 week, unrefrigerated, or up to 2 weeks in the refrigerator. Use it—or gift it—as an exfoliating body scrub.

MAKES: about 1 cup



Changing Course

Alicia Richardson chokes up, recalling Mother's Day weekend 2012. At just 69, her mother suffered a fatal heart attack. "She was a country girl who grew up on a tobacco farm," Alicia says. "She smoked. And when she retired, she got little to no physical activity."

Their similarities stood out. A spunky Southerner who liked her cigarettes as much as her cornbread, Alicia wasn't active four years ago either. And at 48, she was taking three pills for high blood pressure. They weren't working. "The light bulb came on. I was like, that's *my* life. That's going to be *me*."

Alicia buys bangle bracelets to celebrate her accomplishments. "I don't know where we came up with the idea of rewarding ourselves with food."

That summer, Alicia spent hours watching the Olympics from her North Carolina home. Swimming events were her favorite, though as a child she'd been too scared to learn. But watching lap after lap got her thinking: "It's a basic concept. I'm a smart girl! I can do that!" Six feet tall, Alicia told herself she could always stand up if she had to. So she went to the shallow end of her local gym's pool and copied what she saw on TV. Eventually, she was swimming laps too.

The September after her mother's death, she picked up a nicotine patch and a stop-smoking medication from her doctor. She had often tried to quit with no luck. But this time she kicked the habit for good. "The passing of my mother was the real motivator."

Next, Alicia ventured from the pool to the fitness room at her gym. She started using the elliptical, treadmill and weights. She even joined their Biggest Loser contest—and won. "I was the oldest person in the contest. It was so hard. But I did it!"

Since 2012, she's lost, and kept off, 40 pounds. She's active almost every day: biking, weightlifting, boxing with her Xbox, swimming. Now with her health on track, she controls her blood pressure with just one pill. Her mother's memory keeps her moving. "I just cannot imagine the fear my mother must have felt. I'm still young enough to change. And for a 52-year-old woman, I think I do pretty good." —*Lucy M. Casale*

TOP: COURTESY LILY DIAMOND. KALE & CARAMEL. BOTTOM: COURTESY ALICIA RICHARDSON

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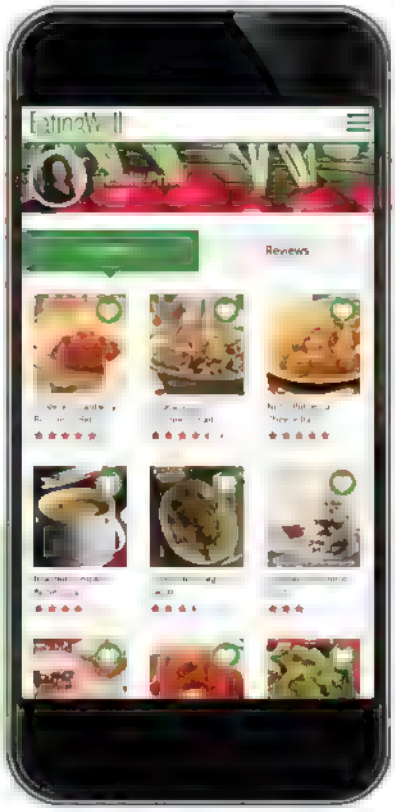
Build your holiday cheese board on this handcrafted beauty from Vermont Farm Table. The end-grain walnut board is part of the latest line from the Burlington-based artisans. **Enter for a chance to win it on November 11 at EatingWell.com/cheeseboard**

SEE ENTRY DETAILS AT RIGHT

#HEALTHYHACK **"I make a beautiful apple Bundt cake for the holidays that's a huge hit with family and friends. From the original recipe, I replace the canola oil with coconut oil, the white flour with ground whole oats and ground flaxseed, and the white sugar with a small amount of maple syrup. I can't count how many times I've passed this recipe on!" —*Joanne Medeiros***

EDITOR'S REPLY: *Go to eatingwell.com/AppleCake to try Joanne's recipe. We did! The flax and oats flour swap is a smart healthy baking tip. And the coconut oil and maple syrup add great flavor*



Collect Your Favorite Holiday Recipes ★★★★★

Love EatingWell recipes? Create a profile on EatingWell.com and save your favorites all in one place. Check out editor-in-chief Jessie Price's holiday picks (*right*).

THE QUIZ

Test Your Smarts

Which of these may help you sleep better?
A. A full moon
B. Blue light
C. Pets in bed
D. A new environment
(ANSWER: P.31-32)

What is "socca"?
A. A hydroponic microgreen
B. An Egyptian spice blend
C. A chickpea pancake
D. An aged cheese
(ANSWER: P.48)

To free up the most carotenoids in orange fruits and vegetables you should:
A. Chop
B. Chew
C. Puree
D. Roast
(ANSWER: P.106)

Which is not a potential health benefit of eating cheese?
A. Lowered cholesterol
B. Better balance
C. Longer life
D. Faster recall
(ANSWER: P.94)

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Mint Condition

'Tis the season for all things peppermint. Here are 3 of its unique benefits.

By Karen Asp

Boosts Your Memory Keep your shopping list or to-do list top of mind with peppermint tea. In a study presented at the British Psychological Society, people who sipped a cup of peppermint tea before taking a memory test performed better than those who drank chamomile tea or hot water.

Helps You Run Longer Feeling like you don't have the stamina to run around the mall? Try flavoring your water with peppermint oil. Adding a drop (.05 mL) of peppermint oil to about 2 cups of water daily for 10 days helped men run nearly 15 minutes longer on the treadmill, according to a study from the *Journal of the International Society of Sports Nutrition*.

Tames Your Tummy Peppermint-oil supplements (one to two 0.2 mL capsules three times a day) may ease abdominal pain caused by irritable bowel syndrome (a condition that affects up to 15 percent of Americans), according to a review published in the *Journal of Clinical Gastroenterology*. Another study, from the University of Adelaide in Australia, found that mint's cooling properties may calm hypersensitive nerves in the gut that trigger IBS pain.

MAREN CARUSO

Gifts in Good Taste

1. Hedley & Bennett Apron, $95
A handmade Hedley & Bennett apron balances function and style. This vibrant apron in Sweet Pea is made with 100%-cotton brushed twill and has a useful band for your kitchen towel as well as chest and hip pockets. And the clean design has a modern aesthetic. *hedleyandbennett.com*

2. Gather Chocolates, $12.50
With flavors of caramelized honey, pomegranate molasses and sour cherry, these chocolates from Harbor Sweets are so good that you may want to give a box to yourself. Plus, as the honeycomb-shaped box hints, 2.5 percent of the proceeds support the Pollinator Partnership, which advocates for bee protection. *harborsweets.com*

3. Rosali Tea Gift Box, $29
The flavor of a cup of tea can be traced all the way back to the cultivation techniques the farmers use and even the land on which it's grown. Rosali Tea sources its teas from small-batch farmers who have developed their skills across generations for impeccable flavor. This gift set includes three teas (lapsang souchong, jasmine and organic genmaicha), a wooden spoon for measuring, tea filters and honey sticks. *rosalitea.com*

4. Click and Grow, $60
Growing fresh herbs throughout the winter is easier than ever with the Click and Grow smart garden. It's practically no-maintenance: a large water reservoir keeps plants hydrated, the nutrients your plants need are already in the soil and a timed light mimics a natural day/night system. Plus, the accompanying smartphone app tracks the plants' growth and sends notifications when it's time to add water. *clickandgrow.com*

5. Wonderbag, $65
It's not a funky couch cushion; it's a slow cooker. Here's how it works: get your food boiling on the stove. Then move it (pot and all) into the insulated pouch to finish cooking. It's nonelectric, making it great for camping, transporting hot food and cooking with less energy. And for every Wonderbag bought, one is donated to families in Africa who rely on an open flame to cook. With a Wonderbag, they can spend less money on charcoal, less time gathering firewood and less time breathing smoke. *wonderbagworld.com*

6. Tre Olive Adopt an Olive Tree, $110
You don't get much closer to knowing where your olive oil comes from than by putting your name on the tree. Adopt an olive tree from family-owned Tre Olive in Calabria, Italy, and over the next year you'll get six 500-mL tins of olive oil pressed from your olives. *treolive.com*

7. No Kid Hungry Silicone Spatulas, $13
Designed by celebrities including Ina Garten, Jimmy Kimmel and Chrissy Teigen (*hers is shown here*), these spatulas are more than just fun stocking stuffers—30 percent of each sale goes to the hunger-fighting nonprofit No Kid Hungry, which helps connect kids to meal programs. *williams-sonoma.com*

—Julia Westbrook

ERIC A. ALLEN STYLING M. JULY VELTE

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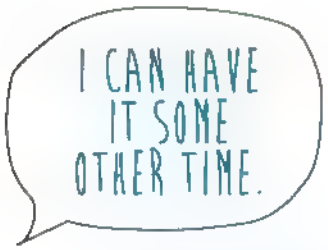


This simple phrase may help you overcome your cravings, says a recent study in the *Journal of Personality and Social Psychology*. When people were served M&Ms and instructed to tell themselves that they'd treat themselves "some other time"—versus total abstention—they ate less chocolate in the moment and over the course of the following week. When you use this vague phrasing instead of "never," it tells your brain that you don't really care about that food, making it easier to turn it down. Go to the next holiday party armed with this phrase. That cookie-topped cheesecake has nothing on you. *—Jessica Migala*

Just Add Dukkah

Dukkah (pronounced dOO-kah) is an Egyptian spice blend that's made its way stateside. The name is derived from the Arabic verb that means "to pound," which makes sense since it combines pulverized toasted nuts with crushed sesame, coriander and cumin seeds. Dip olive oil–soaked bread in it, toss it with pasta or sprinkle it over roasted vegetables and meats, says spice maestro Raghavan Iyer. "I love the complexity. Dukkah has a rich, sophisticated taste, deftly balancing nutty, citrusy and heady aromas." It's traditionally made with hazelnuts, but Iyer says cashews, pistachios and peanuts work equally well too. Try (or riff on) his recipe, page 117. *—Lucy M. Casale*

Beyond the Soup Kitchen

WHILE MANY TABLES ARE BRIMMING WITH TURKEY AND STUFFING, OTHERS REMAIN BARE—15.8 MILLION U.S. HOUSEHOLDS ARE FOOD-INSECURE. THESE HUNGER-FIGHTING ORGANIZATIONS GET FOOD TO THOSE WHO REALLY NEED IT, WITH CREATIVE THINKING. BY SUMMER MILLER

TARGETING HUNGER

Across the country, hunters are donating venison to their hungriest neighbors. Many groups bear the name **Hunters Helping the Hungry** and, though they are not affiliated with each other, they follow a similar model. Hunters bring their game to USDA-inspected meat processors. Depending on the organization, the processing fee is covered in full or partially subsidized for the hunter. From there, various charitable organizations pick up the meat and redistribute it within their communities. During the 2015-16 season, 437 Nebraska hunters contributed 23,374 pounds of venison—at 4 ounces per serving, that's over 93,000 meals served in just one state.

ENDING THE WASTE-HUNGER CYCLE

Denver Food Rescue is tackling two problems at once: hunger and food waste.

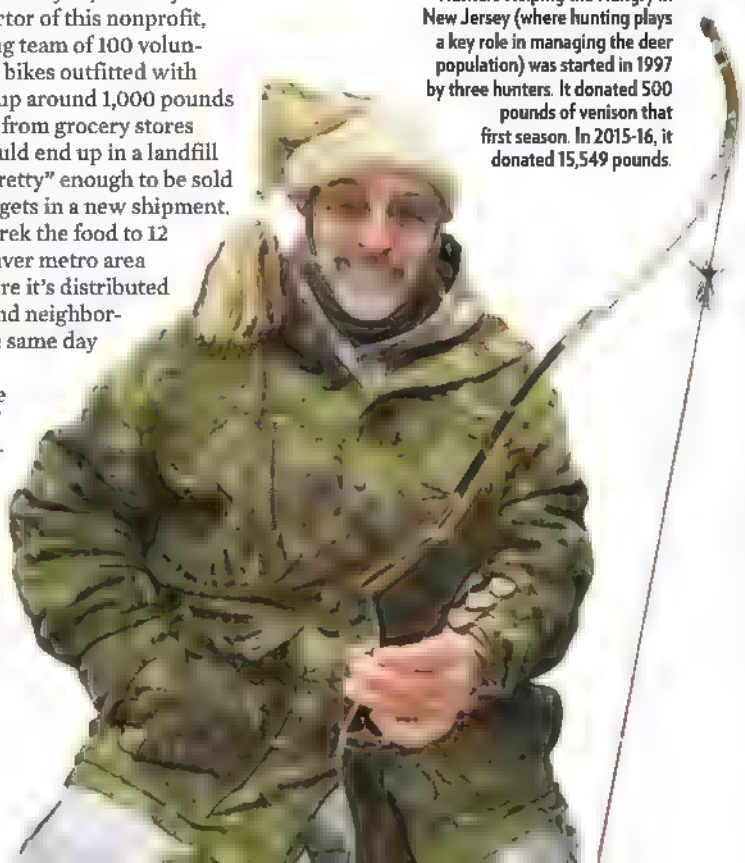
Every day, Turner Wyatt, the 26-year-old executive director of this nonprofit, mobilizes a rotating team of 100 volunteers. Mounted on bikes outfitted with trailers, they pick up around 1,000 pounds of perishable food from grocery stores that otherwise would end up in a landfill because it's not "pretty" enough to be sold or because a store gets in a new shipment. The cyclists then trek the food to 12 food-insecure Denver metro area communities, where it's distributed to organizations and neighborhood residents the same day it's delivered.

Bicycles are the preferred mode of transportation because they're less expensive and more environmentally friendly, especially when it comes to short, quick deliveries.

DINING GRACEFULLY

Matt Weber is the chef and founder of **Table Grace Cafe,** a pay-what-you-can restaurant in Omaha, Nebraska. Diners from across the socioeconomic map—from business people to the homeless—come for lunch. The menu features soup, salad and pizza, with no set price tag. Some pay more, others less, and if you can't pay with money, then Weber asks that you donate a little time.

Table Grace is one of about 50 pay-what-you-can restaurants in the United States. With his training from the Natural Gourmet Institute in New York City, Weber knew that good food could be a powerful tool to impact the most people. "Dining together builds bridges between different parts of our community and creates relationships that can be transformative."



Hunters Helping the Hungry in New Jersey (where hunting plays a key role in managing the deer population) was started in 1997 by three hunters. It donated 500 pounds of venison that first season. In 2015-16, it donated 15,549 pounds.

LEFT: JEFF KAUCK, STYLING: MOLLIE HAYWARD (FOOD); PAULA WALTERS (PROPS); RIGHT: COURTESY HUNTERS HELPING THE HUNGRY, NJ

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Eat to Beat Diabetes

Diabetes is up nearly fourfold from 1980. Fortunately, your diet is a promising prevention strategy. Start these diabetes-defeating habits today. By Jessica Migala

Shift away from meat. This meatless meal gets its protein from beans, which may help drop type 2 diabetes risk by nearly one-fourth, according to Harvard researchers. They found that even a tiny move—just 5 percent of your total calories—toward plant-based proteins is beneficial. Swap 100 calories of meat for plant-based proteins daily or transform one meal a week into a vegetarian plate.

Make half your plate veggies. "Nonstarchy vegetables are filling, low in calories and very low in carbohydrates," says Jill Weisenberger, R.D.N., a certified diabetes educator and the author of *Diabetes Weight Loss Week by Week*. "They're a dieter's best friend." And weight loss is a powerful tool for preventing diabetes. Our recipe is loaded with eggplant, zucchini and tomatoes.

Sprinkle on nuts and dried fruit. Sun-dried tomatoes in this recipe, and other unsweetened dried fruits, provide complex carbohydrates and fiber. And nuts (we used pine nuts here) are packed with healthy fats and protein, slowing digestion to blunt the blood sugar response. Together, this duo is linked to lower BMI and better blood glucose control, per a 2016 research review published in *Nutrition Journal*. If you have diabetes, cap dried fruit at 2 tablespoons daily.

Sip responsibly. Drinking a glass of wine a day slashed odds of developing type 2 diabetes by up to 26 percent compared to teetotalers, per an analysis published in the *American Journal of Clinical Nutrition*. "A *little* alcohol helps lower risk of insulin resistance," explains Weisenberger. If you take insulin or sulfonylureas for diabetes, check your blood sugar before bed after drinking alcohol.

Prediabetes is a condition where your body struggles to produce enough insulin and/or your cells become insulin-resistant. The exact cause is unknown, but research implicates genetics, plus being overweight and sedentary. Up to 30 percent of prediabetics will develop type 2 diabetes within five years, according to the CDC. But there are often no symptoms: 9 out of 10 prediabetics don't know they have this condition. If you are prediabetic, shedding 5 percent of your body weight and logging 150 minutes of brisk walking weekly can cut your risk in half

ERIKA ALLEN, STYLING: BRENNA HAY, FOOD: MOLLY VEALTE-PARKS

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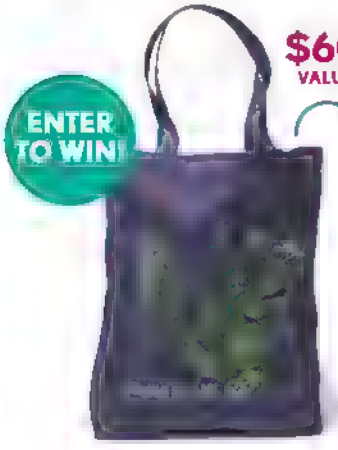

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BROWN RICE APPLE CRISP

Prepare this recipe for breakfast, or serve as a delicious whole-grain dessert alternative. *Makes 8 servings*

INGREDIENTS

- 1 cup Mahatma® or Carolina Whole Grain Brown Rice
- 2 cans (20 oz. each) Pie-Sliced Apples, undrained
- 1 Tbsp lemon juice
- 1 cup packed brown sugar, divided
- 2 tsps ground cinnamon
- 1½ cups uncooked rolled oats
- 2 Tbsps margarine
- ½ cup raisins
- ½ cup walnuts, chopped

DIRECTIONS

Prepare rice according to package directions.

Preheat oven to 350º F. Spray shallow 3 quarts baking dish (13 x 9) with cooking spray; set aside. Combine cooked rice, apples, lemon juice, ½ cup brown sugar and cinnamon in prepared dish. Combine oatmeal and remaining ½ cup brown sugar in medium bowl; cut in margarine until mixture resembles coarse crumbs. Stir in raisins and nuts. Sprinkle over rice mixture. Bake until heated, about 20 minutes. Serve warm.

MahatmaRice.com | CarolinaRice.com

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Sneaky Sleep Saboteurs

E-BOOK READING
Reading before bed—great! Reading from a tablet—maybe not. People who read from electronic books before bed versus reading from printed books took longer to fall asleep, per a study in the *Proceedings of the National Academy of Sciences*. These devices emit blue light, which may suppress the sleep-wake regulating hormone melatonin, so stick to print or diminish blue light by using night settings or a program like f.lux.

A FULL MOON
Moon madness is a real thing—and it could mess with your sleep. Researchers aren't sure why, but deep sleep decreased by 30 percent during full moons, found a study in *Current Biology*. People also lost 20 minutes of sleep overall. The study rooms were totally dark, so make sure your blinds are drawn to keep out the extra light of the full moon that could further disturb your slumber.

A NEW ENVIRONMENT
Trouble sleeping somewhere new is called first-night effect, and Brown University researchers may have pinpointed how it happens. Basically, one hemisphere of the brain never fully goes to sleep. Bringing something you usually sleep with (like a pillow) may make the room seem more familiar, lessening the effect. Fortunately, first-night effect is usually significantly reduced on the second night.

Need Some Sleep? Time to Fix That

Sleepless nights do more than leave you groggy—they may also derail your diet.
By Karen Ansel, M.S., R.D.N., & Karen Asp

Staying up late tonight puts a kink in your healthy-eating plans tomorrow—and now experts are discovering why. A 2016 *Sleep* study found that after only sleeping for 4½ hours, people chose snacks with 50 percent more calories than when they logged 8½ hours in bed. The researchers attribute this to a brain chemical called 2-AG that makes food especially irresistible. In sleep-deprived people, levels of 2-AG spiked by 33 percent.

Sleeplessness also messes with your hunger hormones, leptin and ghrelin. Leptin tells your brain that you're full. Ghrelin does the opposite, ramping up appetite. When you don't get enough sleep, these hormones go haywire. Restricting sleep to 4 hours a night has been shown to lower satiety-linked leptin levels and raise hunger-inducing ghrelin, collectively boosting appetite by 23 percent, in a study published in the *Annals of Internal Medicine*. Another study found that getting too few zzzs also revs up production of acylcarnitines, substances that may interfere with your body's ability to use insulin efficiently. This makes it difficult for your cells to soak up glucose, their favorite source of fuel. Without enough glucose on tap, cells think there's an energy shortage, so they tell your brain that you need to eat more.

Women who report better sleep were **33%** more likely to hit their weight-loss goals.

Are Pets in Bed OK?

Nearly three-quarters of pet owners let their pets sleep in bed with them. In one small study, 41 percent of pet owners said their pets help them sleep by providing a sense of comfort. (On the other hand, 20 percent said their pet kept them awake.) Whether your cat or dog helps or hurts your sleep depends on your pet's temperament, so there is no definitive rule. There are other things to consider too. Some diseases can be passed between pets and people, so your pet should always be up to date on vaccines, flea and tick prevention and deworming medications. And good grooming can help keep you from getting things like poison ivy from your pet. From a behavioral perspective, pets should be allowed on the bed by invitation only. If your pets have separation anxiety, encourage them to sleep in their own beds to develop independence, and be sure to give them plenty of attention during the day.

Deborah Linder, D.V.M., D.A.C.V.N.
Tufts Cummings School of Veterinary Medicine

Eat This: Sleep Better Tonight

Soyfoods, such as tofu, miso and edamame, are rich in isoflavones. These compounds increase the production of serotonin, a brain chemical that influences the body's sleep-wake cycle. Adults who ate two or more soy servings a day slept longer and reported the best-quality sleep, according to a 2015 *Nutrition Journal* study.

Kiwi may be the ultimate pre-bed snack. When volunteers ate two kiwis an hour before hitting the hay, they slept almost a full extra hour, found research from Taipei Medical University in Taiwan. Kiwis are full of vitamins C and E, serotonin and folate—all of which may help you snooze.

Fiber-rich foods could be key for better sleep. Eating fiber was associated with more restorative slow-wave sleep—the more you eat, the better you sleep—per a study published in the *Journal of Clinical Sleep Medicine*. Fiber prevents blood sugar surges that may lower melatonin. Get a fiber boost from beans, artichokes, bran cereal and quinoa.

FIBER FOR SLEEP Check out our healthy fiber recipes to help you drift to dreamland at eatingwell.com/webextra

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The Tricky Truth About Sardines

Is the conventional wisdom that sardines are a sustainable choice wrong?

By Clare Leschin-Hoar

Here's a great way to try sardines from sustainable-seafood chef Barton Seaver: Toss 1 can each olive oil–packed sardines and rinsed chickpeas with a splash of olive oil, a little red wine vinegar, chopped fresh mint, orange zest and a big pinch of mace

The go-to recommendation for sourcing sustainable seafood is to eat fish that are low on the food chain. It's a tip that typically sends us straight to sardines, and for good reasons: they're affordable, delicious and full of calcium, vitamin B_{12}, omega-3 fats and protein. But are they truly sustainable? Here the advice gets murky

For the second year in a row, U.S. Pacific sardines cannot be fished. The fishery is closed due to a dangerously low dip in population. The estimated weight of the fishable stocks (aka the population) went from more than 1 million metric tons in 2006 to just 106,000 metric tons in 2016. Scientists say the decline is part of a naturally occurring "boom and bust" cycle, mainly influenced by environmental factors, including changes in ocean temperatures.

A drop in the sardine population affects other species. For instance, in the last three years, California sea lions have starved to death in record numbers.

What about fishing? "Fishing can contribute, but the decline is primarily environmentally driven," says Kevin Hill, Ph.D., supervisory research fishery biologist at the National Oceanic and Atmospheric Administration (NOAA). "You don't want to hit the population too hard when it's going through a decline." But he says we were nowhere near the scale of fishing that led to a sardine-fishing moratorium between 1967 and 1986: in the 1950s and early '60s, over 50 percent of the population was fished out of the ocean annually. Leading up to the recent decline, fishing rates were around 10 to 15 percent, peaking at 30 percent.

In keeping the fishery closed, NOAA is protecting against overfishing. Recent preliminary data suggest sardines may be on the rise, but more concrete surveys are needed before we can fish easy.

Human consumption of sardines in the U.S. makes up only a small part of the fishing pressure. Globally, 90 percent of harvested forage fish (which includes sardines) are used for bait, pet food or farm-animal feed. But this isn't an efficient or sustainable use of sardines. For instance, it takes 20 pounds of sardines to produce just 1 pound of farmed bluefin tuna.

Environmentalist Geoff Shester, Ph.D., of Oceana, an international ocean-protection organization, says it would be better not to use sardines as animal feed and to just eat them ourselves. "If we're eating them, we're creating demand for a product that doesn't have to be caught in such large quantities to get the same amount of protein," he says. "It provides more money for the fishermen and feeds more people. Right now, inefficiency is driving the harvest.

"The value these fish have is often simply underestimated," Shester continues. "They really drive the health of our ocean and of our seafood supply. It's something we're just learning."

Look for brands with the MSC logo. Or look for Pacific sardines, which net a "green" rating from the Monterey Bay Aquarium's Seafood Watch. You can still find pre-closure canned Pacific sardines. Skip sardines that come from the Mediterranean, a region that gets a red "avoid" rating.

TRY IT Find out just how delicious they really are with healthy sardine recipes at eatingwell.com/webextra

MAREN CARUSO

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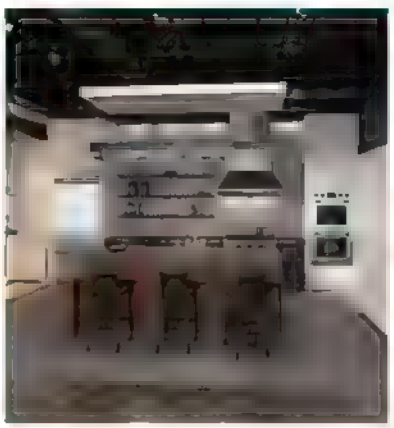

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Book Launch Party

This summer, we celebrated our new *Vegetables* book with a party at the Sub-Zero and Wolf Showroom in Chicago's Merchandise Mart. *EatingWell Vegetables. The Essential Reference*—both a guidebook and a cookbook—is organized alphabetically and includes everything you need to know about buying, growing, storing, prepping and cooking vegetables.

As for the party? There was no finer venue for author and Editor in Chief, Jessie Price, to bring the pages of the book to life via interactive tastings and demos surrounded by Sub-Zero and Wolf's innovative, high-performance kitchen appliances.

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Warm-Up *for* Winter

It's time to trade in grills for roasting pans and cook up steaming pots of soup. Turn the page for this quick take on pho and more fast dinners that will warm you inside and out.

BLAINE MOATS, STYLING; SUE E. HUSS (FOOD); SUE E. M. TICHELL (PROPS)

BROTH BOOSTERS
The base of pho is traditiona ly a stock made by simmering bones and aromatics for hours To speed things up we simmer store bought broth with whole spices.

Quick Beef & Napa Cabbage Pho

ACTIVE: 30 min **TOTAL:** 30 min

This classic Vietnamese noodle soup is typically dished up at street stalls for breakfast and sometimes lunch. Serve with hoisin, Sriracha and lime wedges.

- 1 tablespoon peanut or grapeseed oil
- 1 medium onion, cut into 6 wedges
- 1 2-inch piece fresh ginger, sliced
- 2 star anise *(see Tip, page 136)*
- 1 cinnamon stick
- 1 teaspoon cardamom pods
- 1 teaspoon coriander seeds
- 1 teaspoon fennel seeds
- 4 cups unsalted beef stock *or* low-sodium beef broth
- 2 cups water
- 2½ tablespoons fish sauce
- 4 ounces thin rice noodles *or* rice sticks
- 8 napa cabbage leaves, cut into 2-inch pieces
- 12 ounces top sirloin *or* boneless rib-eye steak, very thinly sliced
- 2 cups mung bean sprouts
- 1 cup fresh mint *and/or* Thai basil leaves
- 1 jalapeño pepper, sliced

1. Heat oil in a large pot over medium-high heat. Add onion and ginger; cook, stirring, until starting to brown, 2 to 3 minutes. Add star anise, cinnamon stick, cardamom pods, coriander and fennel seeds; cook, stirring, for 30 seconds. Add stock (or broth), water and fish sauce; bring to a boil. Reduce heat to maintain a lively simmer, cover and cook for 5 minutes.

2. Prepare rice noodles according to package directions. Drain and rinse well with cold water. Divide among 4 large soup bowls.

3. Carefully pour the broth through a fine-mesh sieve into a large bowl (discard solids). Return the broth to the pot and bring to a boil. Add cabbage, cover and cook until tender, about 5 minutes. Stir in beef and cook for 1 minute. Remove from heat.

4. Divide the cabbage, beef and broth among the bowls. Top with bean sprouts, mint and/or basil and jalapeño.

SERVES 4: about 2¾ cups each

CAL 311 / **FAT** 8G (SAT 2G) / **CHOL** 44MG / **CARBS** 33G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 26G / **FIBER** 3G / **SODIUM** 868MG / **POTASSIUM** 727MG.

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Roasted Gnocchi & Brussels Sprouts with Meyer Lemon Vinaigrette

ACTIVE: 15 m'n **TOTAL:** 35 m'n

If you can't find Meyer lemons, use 1 small regular lemon in Step 2 and use 4 teaspoons lemon juice and 2 tea spoons orange juice in Step 4.

- 2 Meyer lemons *(see Tip, page 136)*
- 1 pound Brussels sprouts, trimmed and quartered
- 1 16-ounce package shelf-stable gnocchi
- 1 cup thickly sliced shallots
- 4 tablespoons extra-virgin olive oil, divided
- ½ teaspoon ground pepper, divided
- ¼ teaspoon salt, divided
- ¼ cup slivered oil-packed sun-dried tomatoes

1. Preheat oven to 450°F.

2. Slice and seed 1 lemon. Toss in a large bowl with Brussels sprouts, gnocchi, shallots, 2 tablespoons oil, ¼ teaspoon pepper and ⅛ teaspoon salt. Transfer to a large rimmed baking sheet.

3. Roast, stirring once or twice, until the gnocchi are plump and the Brussels sprouts are tender, 18 to 20 minutes.

4. Squeeze juice from the remaining lemon. Return the gnocchi mixture to the bowl and toss with sun-dried tomatoes, the lemon juice and the remaining 2 tablespoons oil, ¼ teaspoon pepper and ⅛ teaspoon salt.

SERVES 4: 1¼ cups each

CAL 424 / **FAT** 16G (SAT 2G) / **CHOL** 0MG / **CARBS** 64G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 11G / **FIBER** 7G / **SODIUM** 551MG / **POTASSIUM** 677MG

GIMME SOME SKIN

Organic lemons are less likely to have traces of fungicides commonly used on citrus. So choose organic when cooking with lemon peel and zest.

BLAINE MOATS, STYLING SUE HOSS/FOOD SUE; MICHELL CROPP

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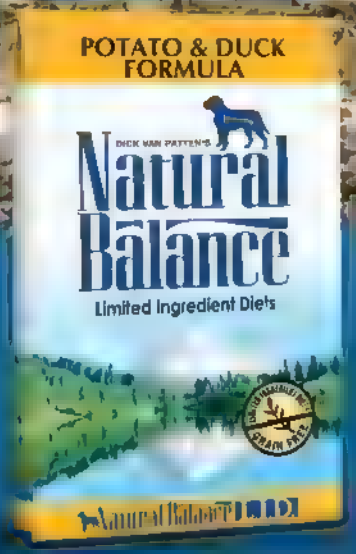

Winter Salad with Halloumi "Croutons"

ACTIVE: 35 min **TOTAL:** 45 min

Halloumi cheese softens but doesn't completely melt when heated. When broiled, it turns into briny bites for this hearty salad.

- 4 tablespoons extra-virgin olive oil, divided
- 2 teaspoons lemon zest
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- ½ teaspoon ground pepper, divided
- 4 ounces halloumi cheese (*see Tip, page 136*), cut into 1-inch cubes
- 1 pound baby potatoes, quartered
- 3 cups trimmed green beans
- ¼ teaspoon salt, divided
- 2 cups cherry tomatoes
- 2 cloves garlic, sliced
- 1 tablespoon red-wine vinegar
- 8 cups chopped escarole
- ¼ cup toasted chopped hazelnuts

1. Position racks in center and upper third of oven; preheat to 425°F.

2. Combine 1 tablespoon oil, lemon zest, lemon juice, oregano and ¼ teaspoon pepper in a small bowl. Add halloumi and stir to coat; set aside.

3. Toss potatoes and green beans with 1 tablespoon oil, ⅛ teaspoon salt and the remaining ¼ teaspoon pepper on a large rimmed baking sheet. Spread in a single layer. Roast on the center rack for 10 minutes. Scatter tomatoes over the vegetables and continue roasting until the potatoes are tender and the tomatoes are wilted, 5 to 10 minutes more. Transfer to a large bowl.

4. Turn the broiler to high. Using a slotted spoon, transfer the reserved halloumi to the baking sheet (reserve the marinade). Broil, stirring once, until lightly browned, 3 to 5 minutes.

5. Meanwhile, heat the remaining 2 tablespoons oil and garlic in a small saucepan over medium heat until the garlic begins to sizzle, then cook for 15 seconds. Remove from heat and whisk in vinegar, the reserved marinade and the remaining ⅛ teaspoon salt.

6. Add escarole to the vegetables and gently toss with the warm dressing to combine. Serve topped with the halloumi and hazelnuts.

SERVES 4: 2¾ cups each

CAL 402 / **FAT** 27G (5AT 8G) / **CHOL** 20MG / **CARBS** 32G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 13G / **FIBER** 9G / **SODIUM** 498MG / **POTASSIUM** 1,238MG.

VEG OUT Get more vegetarian dinner-salad recipes at eatingwell.com/webextra

BLAINE MOATS, STYLING: SUE MOSS (FOOD); SUE MITCHELL (PROPS)

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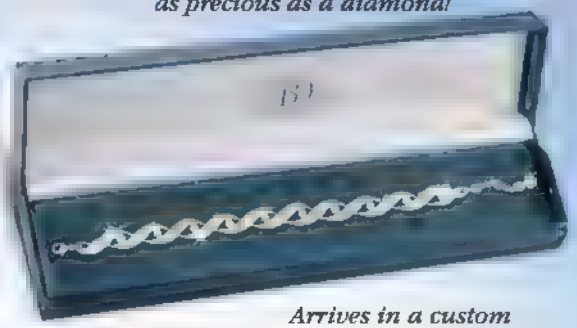

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Socca Simplified

This thin chickpea pancake is popular in Italian and French towns along the Ligurian Sea (it's called *farinata* in Italy). You can eat it unadorned or use it as a sort of pizza crust, as we do here.

1. GET YOUR OVEN—AND THE PAN—NICE AND HOT

Socca (pronounced SO-kah) is traditionally cooked in a wood-burning oven in a copper pan. It's cut up and served, piping hot, in paper cones. Our method gets as close as possible to the same results with the equipment you have at home.

Position racks in upper and lower thirds of oven. Place a large cast-iron skillet on the lower rack. Preheat to 450°F for 30 minutes.

BLAINE MOATS, STYLING: SUE HOSS (FOOD), SUE MITCHELL (PROPS)

Caramelized Onion, Olive & Anchovy
TOPPING: ⅓ cup caramelized onions, 6 anchovies, 8 oil-cured olives (halved)
GARNISH: 2 tsp. chopped fresh thyme
Fig & Ricotta
TOPPING: ½ cup part-skim ricotta cheese, 3–4 sliced fresh figs
GARNISH: 1 Tbsp. honey
Tomato-Pesto
TOPPING: 1 thinly sliced medium plum tomato, ½ cup torn smoked fresh mozzarella
GARNISH: 2 Tbsp. fresh basil pesto
Beet & Feta
TOPPING: ½ cup crumbled feta cheese, ½ cup thinly sliced cooked small beets
GARNISH: 1 cup baby arugula tossed with 1 Tbsp. lemon juice

2. PREP YOUR INGREDIENTS

You'll want to whip up the batter and get your toppings ready, because once the pan is hot things go fast! Protein-packed chickpea flour is the base of the gluten-free batter. For the toppings, almost anything goes. You can either use up leftover bits in your fridge or try one of our suggested combos (above).

Whisk 1 cup **chickpea flour**, ½ teaspoon **salt** and ¼ teaspoon **ground pepper** in a large bowl. Whisk in 1 cup **water** until smooth. Let rest while the oven preheats.

3. BAKE IT UP

That pan you preheated is the key to getting a crusty-brown bottom on the socca. Be careful, it's hot! Consider putting an oven mitt on the handle while it's out of the oven so you don't accidentally touch it bare-handed.

When your timer dings, carefully remove the hot pan from the oven and swirl in 1 tablespoon **extra-virgin olive oil**. Then pour in the batter and swirl that around too. Add desired **Topping**. Bake on the lower rack until the bottom is browned and the edges are crispy, 16 to 20 minutes.

4. ADD A FINAL TOUCH

The socca gets a crispy top from a few minutes under the broiler. Then give it a final flourish before cutting it up.

Take the socca out of the oven and use a pastry brush to dab it with 1 tablespoon **extra-virgin olive oil** (brushing can dislodge the toppings). Turn on the broiler, then pop the socca onto the top rack until browned in spots, 2 to 3 minutes more. **Garnish** with something fresh before serving. Cut into wedges and serve hot.

ACTIVE: 15 min TOTAL: 1 hr
SERVES 4: 1 slice each NUTRITION INFO: page 138

TRY SOCCA TONIGHT Get full recipes at eatingwell.com/webextra

Veggies with Attitude

It's time to trade in the boring crudités platter for something with a lot more panache. Just pour a warm marinade over your favorite vegetables and pop them in the fridge until your guests arrive.

1 Cut your favorite vegetables into 4 cups of bite-size pieces. We like green beans, broccoli, carrots, asparagus, cauliflower, onion, cremini mushrooms, bell peppers, frozen artichoke hearts and fennel. You can do a combination or just one. Cook them in boiling water until crisp-tender, 30 seconds to 1 minute. Using a slotted spoon, transfer to a bowl of ice water to cool. Drain, pat dry and transfer to a medium bowl.

2 Whisk up one of the marinades (see below) in a small saucepan and heat until steaming. Pour the marinade over the vegetables, stirring to coat. Cover and refrigerate, stirring occasionally, for at least 2 hours and up to 5 days. (Green vegetables will start to discolor after several hours of marinating, but still taste yummy.) *Makes 3 cups.*

Rosemary-Garlic Marinade

- ¼ cup extra-virgin olive oil
- 3 tablespoons red-wine vinegar
- 2 sprigs fresh rosemary
- 1 large clove garlic, minced
- ½ teaspoon salt
- ¼ teaspoon ground pepper

Orange-Oregano Marinade

- ¼ cup extra-virgin olive oil
- 3 tablespoons cider vinegar
- 2 strips orange zest
- 2 sprigs fresh oregano
- ½ teaspoon salt
- ¼ teaspoon ground pepper

Sesame-Ginger Marinade

- ¼ cup toasted sesame oil
- 3 tablespoons rice vinegar
- 1 tablespoon reduced-sodium soy sauce
- 1 scallion, cut into 1-inch pieces
- 2 teaspoons minced fresh ginger

For nutrition info, see recipe index on page 138.

Sesame-Ginger Marinated Vegetables

Rosemary-Garlic Marinated Vegetables

Orange-Oregano Marinated Vegetables

FIND FULL RECIPES for these combos at eatingwell.com/webextra

BLAINE MOATS, STYLING SUE MOSS (FOOD) SUE MITCHELL (PROPS)

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Chicken, Barley & Mushroom Soup

[illegible] 45 min; TOTAL 1¾ hrs

[illegible] any combination of dried and fresh mushrooms here. The soup will thicken as it sits; thin as needed with more broth or water.

1 ounce dried shiitake mushrooms
2 cups boiling water
2 tablespoons extra-virgin olive oil
3 medium leeks, white and light green parts only, washed and coarsely chopped
3 cloves garlic, chopped
2 medium carrots, chopped
8 ounces fresh shiitake mushrooms, stems removed, caps coarsely chopped
8 ounces white mushrooms, sliced
1 teaspoon salt
Coarsely ground pepper to taste
1 pound boneless, skinless chicken thighs, trimmed and cut into ¼-inch pieces
6 cups low-sodium chicken broth
½ cup pearl barley
1 tablespoon minced fresh thyme or 1 teaspoon dried
1 teaspoon sherry vinegar

1. Soak dried shiitakes in boiling water for 20 minutes. Strain through a fine-mesh sieve and reserve the liquid. Squeeze the mushrooms to remove excess liquid, then dice.
2. Meanwhile, heat oil in a large pot over medium heat. Add leeks and garlic; cook, stirring, until very soft, about 4 minutes. Add carrots, fresh shiitakes, white mushrooms, salt and pepper; cook, stirring, until the vegetables start to soften, 3 to 4 minutes. Add chicken and cook, stirring, until it is no longer pink on the outside, about 4 minutes.
3. Add broth, barley, thyme, the reserved soaking liquid and chopped soaked mushrooms. Increase heat to high and bring to a simmer. Reduce heat to medium-low, partially cover and simmer until the barley is tender, about 30 minutes. Stir in vinegar.

SERVES 8: 1¼ cups each

CAL 241 / FAT 9G (SAT 2G) / CHOL 38MG / CARBS 24G / TOTAL SUGARS 4G (ADDED 0G) / PROTEIN 18G / FIBER 4G / SODIUM 401MG / POTASSIUM 611MG.

MAKE-AHEAD MAGIC Get more make-ahead dinners at eatingwell.com/wabextra

A Cure for the Hectic Holidays

Every year I imagine that I will have a better grip on the holidays, and every year *it just doesn't happen.* I can almost hear the universe snickering as I try to rein in the demands of gift shopping and planning holiday meals. Add in the kids' end-of-semester school exams and concerts, and I'm looking for an extra few hours in each day.

As it turns out, even during these busy months, the people in my house still want dinner! And not only that, given the craziness of everyone's schedules, we're usually not all eating dinner at the same time. So this is when I turn to a big pot of soup that can stay on the stove and be ladled out as my husband and kids get home from their respective activities. This recipe is chock-full of sturdy root vegetables and whole-grain barley. What's that whooshing sound? My universe just heaved a sigh of relief.

PLAYNE MOATS STYLING; SUE HIGGS/FOOD; SUE MITCHELL PROPS; INSET, TODD COLEMAN

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SIDE JOBS

Serve up these vegetables for a weeknight supper or holiday feast. Bonus: No oven space required, so you can whip one up while your oven is otherwise occupied.

Buttermilk-Sage Mashed Potatoes

ACTIVE: 10 min **TOTAL:** 25 min

Have your buttermilk and butter at room temperature so they won't cool the potatoes too much when you start mashing.

- **2 pounds Yukon Gold potatoes, peeled and cut into ½-inch cubes**
- **¾ cup buttermilk, at room temperature**
- **2 tablespoons butter, at room temperature**
- **2 teaspoons finely chopped fresh sage**
- **½ teaspoon salt**
- **¼ teaspoon ground pepper**

1. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add potatoes, cover and steam until tender, about 15 minutes.
2. Transfer the potatoes to a large bowl. Add buttermilk, butter, sage, salt and pepper. Mash to desired consistency.

SERVES 6: ⅔ cup each

CAL 155 / **FAT** 4G (SAT 3G) / **CHOL** 11MG / **CARBS** 27G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 2G / **SODIUM** 258MG / **POTASSIUM** 505MG.

Broccoli Rabe with Cannellini Beans

ACTIVE: 15 min **TOTAL:** 15 min

Broccoli rabe can be a bitter bomb. Some people love it, while others... not so much. But boiling it in water for a couple of minutes tames its bite.

- **1 bunch broccoli rabe (1-1¼ pounds), trimmed and coarsely chopped**
- **3 tablespoons extra-virgin olive oil**
- **4 cloves garlic, minced**
- **½ teaspoon anchovy paste *or* 1 minced anchovy fillet**
- **½ teaspoon crushed red pepper**
- **1 15-ounce can cannellini beans, rinsed**
- **1 tablespoon lemon juice**

1. Bring a large saucepan of water to a boil. Add broccoli rabe and cook, stirring, for 2 minutes. Pour into a colander and rinse with cold water. Let drain well.
2. Wipe the pan dry. Add oil and heat over medium heat. Add garlic, anchovy and crushed red pepper and cook, stirring, until fragrant, about 30 seconds. Add the broccoli rabe, cover and cook, stirring once or twice, until very tender, 3 to 4 minutes. Add beans and lemon juice; cook, stirring, until heated through, about 2 minutes more.

SERVES 4: 1 cup each

CAL 196 / **FAT** 11G (SAT 1G) / **CHOL** 0MG / **CARBS** 21G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 10G / **FIBER** 5G / **SODIUM** 293MG / **POTASSIUM** 283MG.

BLAINE MOATS, STYLING: SUE HOSS (FOOD); SUE MITCHELL (PROPS)

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Green Beans with Parmesan-Garlic Breadcrumbs

ACTIVE: 20 min **TOTAL:** 20 min

Browning butter amps up its flavor so it tastes like you're using more when you're really using less. Bye-bye, extra calories.

- 1 pound green beans, trimmed
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 3 tablespoons butter
- 2 cloves garlic, minced
- ½ cup fresh whole-wheat breadcrumbs
- 3 tablespoons grated Parmesan cheese

1. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and steam until tender-crisp, 5 to 7 minutes. Transfer to a large bowl and season with salt and pepper.

2. Meanwhile, heat butter in a large skillet over medium heat. Cook, swirling often, until starting to brown, 3 to 4 minutes. Add garlic and cook, stirring, until the butter is nutty brown, about 30 seconds more. Stir in breadcrumbs and cook, stirring, until crispy, 3 to 4 minutes. Toss the breadcrumbs with the green beans. Top with cheese.

SERVES 6: ⅔ cup each

CAL 108 / **FAT** 7G (SAT 4G) / **CHOL** 17MG / **CARBS** 10G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 3G / **SODIUM** 186MG / **POTASSIUM** 193MG

Apple, Fig & Brussels Sprouts Salad

ACTIVE: 15 min **TOTAL:** 15 min

TO MAKE AHEAD: Refrigerate dressing (Step 1) and salad (Step 2) separately for up to 4 hours; toss together just before serving.

Sweet and mellow white balsamic vinegar makes a dressing that balances out the assertive greens and Brussels sprouts in this gorgeous winter salad. **(Photo: page 5.)**

- 2 tablespoons white balsamic vinegar
- 2 teaspoons Dijon mustard
- 1 tablespoon minced shallot
- ¼ teaspoon salt
- Ground pepper to taste
- ¼ cup extra-virgin olive oil
- 8 cups baby kale *and/or* frisée
- 1 head Belgian endive, leaves separated
- 1 cup very thinly sliced Brussels sprouts
- 1 small red apple, thinly sliced
- ½ cup toasted walnuts
- 4 fresh figs, halved or quartered if large
- ¼ cup pomegranate seeds
- 2 tablespoons dried cranberries

1. Whisk vinegar, mustard, shallot, salt and pepper in a small bowl. Whisk in oil until well combined.

2. Combine kale (and/or frisée), endive, Brussels sprouts, apple and walnuts in a large bowl. Drizzle with the dressing and toss to coat. Add a generous grinding of pepper. Top with figs, pomegranate seeds and dried cranberries.

SERVES 5: about 2 cups each

CAL 248 / **FAT** 17G (SAT 2G) / **CHOL** 0MG / **CARBS** 23G / **TOTAL SUGARS** 15G (ADDED 2G) / **PROTEIN** 4G / **FIBER** 5G / **SODIUM** 173MG / **POTASSIUM** 434MG.

BLAINE MOATS, STYLING SUE HOSS (FOOD); SUE M. TCHELI (PROPS)

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Quinoa & Chia Oatmeal Mix

ACTIVE: 10 min. **TOTAL:** 10 min.
TO MAKE AHEAD: Store airtight for up to 1 month.

This recipe lets you make your own hot cereal mix. Keep it on hand and just cook up the amount you need when you're ready for it.

Combine oats, wheat and/or barley flakes, quinoa, dried fruit, seeds, cinnamon and salt in an airtight container.

MAKES: 4 cups (1/4 cup dry per serving)

CAL 207/ **FAT** 4g (SAT 0g)/ **CHOL** 0mg/ **CARBS** 35g/ **TOTAL SUGARS** 8g (ADDED 0g)/ **PROTEIN** 6g/ **FIBER** 6g/ **SODIUM** 149mg/ **POTASSIUM** 217mg

TO MAKE 1 SERVING: Combine ¼ cup Quinoa & Chia Oatmeal Mix with 1 cup water (or milk) in a small saucepan. Bring to a boil. Reduce heat, partially cover and simmer, stirring occasionally, until thickened, 12 to 15 minutes. Let stand, covered, for 1 minutes. Stir in sweetener to your choice and top with nuts and/or more dried fruit, if desired. Makes 1 cup.

"HANGER" MANAGEMENT
One serving of this hot cereal contains 6g of fiber—almost a quarter of your daily quota—which helps stave off hunger throughout the morning.

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BLAINE MOATS; STYLING: SUE BOSS/FOOD STYLING: HELEN PROPS

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Seared Arctic Char with Bacon-Leek Chard

ACTIVE: 50 min **TOTAL:** 50 min

A cousin of salmon and trout, Arctic char—both farmed and wild—is recommended as a "Best Choice" by Seafood Watch. It's low in mercury too.

- 1 large bunch chard
- 2 bacon slices, thinly sliced
- 2 medium leeks, white and light green parts only, washed and sliced
- 2 tablespoons extra-virgin olive oil, divided
- 2 teaspoons chopped fresh thyme, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons heavy cream
- 1¼ pounds Arctic char *or* wild salmon, cut into 4 portions

1. Separate chard leaves from stems; coarsely chop the leaves and chop the stems. Set aside separately.
2. Cook bacon in a large cast-iron skillet over medium heat until crisp, 5 to 7 minutes. Remove to a plate with a slotted spoon.
2. Add the chard stems to the bacon drippings along with leeks, 1 tablespoon oil, 1 teaspoon thyme and ¼ teaspoon each salt and pepper. Cook, stirring, until tender, 8 to 10 minutes.
3. Add the chard leaves to the pan by the handful, stirring and letting them wilt a bit before adding more; cook, stirring, until tender, about 5 minutes. Stir in cream and the bacon. Transfer to a medium bowl and cover to keep warm. Wipe out the pan.
4. Season fish with the remaining 1 teaspoon thyme and ¼ teaspoon each salt and pepper. Heat the remaining 1 tablespoon oil in the pan over medium-high heat. Cook the fish, turning once, until just cooked through, 4 to 5 minutes total. Serve with the chard.

SERVES 4: 4 oz. fish & 1 cup chard each

CAL 367 / **FAT** 21G (SAT 5G) / **CHOL** 95MG / **CARBS** 12G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 33G / **FIBER** 4G / **SODIUM** 655MG / **POTASSIUM** 1,306MG.

Arctic char has a milder flavor than wild salmon, with almost the same amount of omega-3s per serving.

BLAINE MOATS, STYLING SUE HOSS (FOOD); SUE MITCHELL (PROPS)

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Detroit Pasta

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BETTER BEANS
Soaking dry beans before slow-cooking ensures creamy results. Place in a bowl, cover with at least 2 inches of cold water and soak for 12 to 24 hours.

IN A HURRY?
Place beans in a large saucepan with enough cold water to cover by 2 inches. Bring to a boil for 2 minutes. Remove from heat, cover and let stand for 1 hour.

Slow-Cooker Cassoulet

ACTIVE: 30 min **SLOW-COOKER TIME:** 6-9 hrs.
TO MAKE AHEAD: Soak beans and prep ingredients for Step 1 up to 1 day ahead. Prepare Step 2 just before turning on the slow cooker. **EQUIPMENT:** 6- to 7-quart slow cooker

This classic French stew is typically made with a variety of meats and simmered over the course of multiple days. This streamlined version relies on a slow cooker for ease of cooking.

CASSOULET
- 1 pound dried great northern beans, soaked (see *Tips, above*) and drained
- 1 4-ounce ham hock
- 2 cups halved and sliced onion
- 3 cloves garlic, sliced
- 2 bay leaves
- 1 tablespoon dried thyme
- 1 teaspoon salt
- 1 cup low-sodium chicken broth
- 1 28-ounce can no-salt-added plum tomatoes
- 2 pounds pork shoulder or pork butt, trimmed and cut into 2-inch pieces
- 2 tablespoons tomato paste
- 1 cup dry white wine

BREADCRUMBS
- 3 tablespoons extra-virgin olive oil
- 2½ cups coarse fresh whole-wheat breadcrumbs
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh parsley

1. To prepare cassoulet: Combine beans, ham hock, onion, sliced garlic, bay leaves, thyme and salt in a 6- to 7-quart slow cooker. Add broth and juice from tomatoes (reserve the tomatoes). Nestle pork into the bean mixture.

2. Cook tomato paste in a small saucepan over medium-high heat, stirring constantly, until deeply browned in several spots on the bottom, 2 to 3 minutes. Add wine and bring to a boil, stirring to dissolve the tomato paste and release the browned bits from the pan. Pour into the slow cooker. Coarsely chop the reserved tomatoes and spread over the top so the beans are mostly covered.

3. Cook on High for 6 hours or Low for 9 hours. Remove meat from the ham hock and chop; stir back into the stew. Discard the bay leaves.

4. To prepare breadcrumbs: Cook oil and breadcrumbs in a large nonstick skillet over medium heat, stirring often, until starting to crisp, 10 to 15 minutes. Add minced garlic; cook, stirring often, for 2 minutes. Remove from heat and stir in parsley. Serve the breadcrumbs over the cassoulet.

SERVES 8: 1½ cups stew & ¼ cup breadcrumbs each

CAL 540 / **FAT** 19G (SAT 5G) / **CHOL** 64MG / **CARBS** 54G / **TOTAL SUGARS** 6G (ADDED 1G) / **PROTEIN** 35G / **FIBER** 14G / **SODIUM** 625MG / **POTASSIUM** 1,192MG.

GO SLOW Get more slow-cooker recipes at eatingwell.com/webextra

BLAINE MOATS, STYLING; SUE HOSS (FOOD); SUE MITCHELL (PROPS)

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Chicken Katsu with Creamy Slaw

ACTIVE: 40 min **TOTAL:** 40 min

This Japanese fried chicken comes complete with a creamy warm slaw on the side. Serve with steamed brown rice or buckwheat soba noodles to round out the meal.

- 4 boneless, skinless chicken thighs (about 1¼ pounds), trimmed
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 3 tablespoons all-purpose flour
- 1 large egg, beaten
- 1 cup panko breadcrumbs, preferably whole-wheat
- 5 tablespoons peanut or grapeseed oil
- 4 scallions, sliced
- 1 tablespoon minced fresh ginger
- 6 cups thinly sliced red cabbage
- ½ cup grated carrot
- 2 tablespoons mayonnaise
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons rice vinegar
- 1 teaspoon sugar

1. Place chicken between 2 pieces of plastic wrap. Pound with the smooth side of a meat mallet or heavy skillet to about ¼-inch thickness. Sprinkle with salt and pepper. Place flour, egg and panko in three separate shallow dishes. Dredge the chicken in flour, shaking off excess, then dip in egg, letting excess drip off, then coat both sides with panko.

2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add half the chicken, reduce heat to medium and cook until golden, 3 to 4 minutes. Turn the chicken over and swirl in 1 tablespoon oil. Continue cooking until golden brown on the second side and cooked through, 3 to 4 minutes more. Transfer the chicken to a plate and tent with foil. Repeat with the remaining chicken and 2 tablespoons oil. Wipe out the pan.

3. Heat the remaining 1 tablespoon oil in the pan over medium heat. Add scallions and ginger and cook, stirring, for 30 seconds. Add cabbage and carrot; cook, stirring often, until the cabbage just starts to wilt, 1 to 2 minutes. Remove from heat.

4. Combine mayonnaise, soy sauce, vinegar and sugar in a medium bowl. Add the cabbage mixture and toss until well combined. Slice the chicken and serve with the slaw.

SERVES 4: 1 thigh & 1 cup slaw each

CAL 539 / **FAT** 34G (SAT 7G) / **CHOL** 144MG / **CARBS** 26G / **TOTAL SUGARS** 7G (ADDED 1G) / **PROTEIN** 33G / **FIBER** 5G / **SODIUM** 611MG / **POTASSIUM** 577MG.

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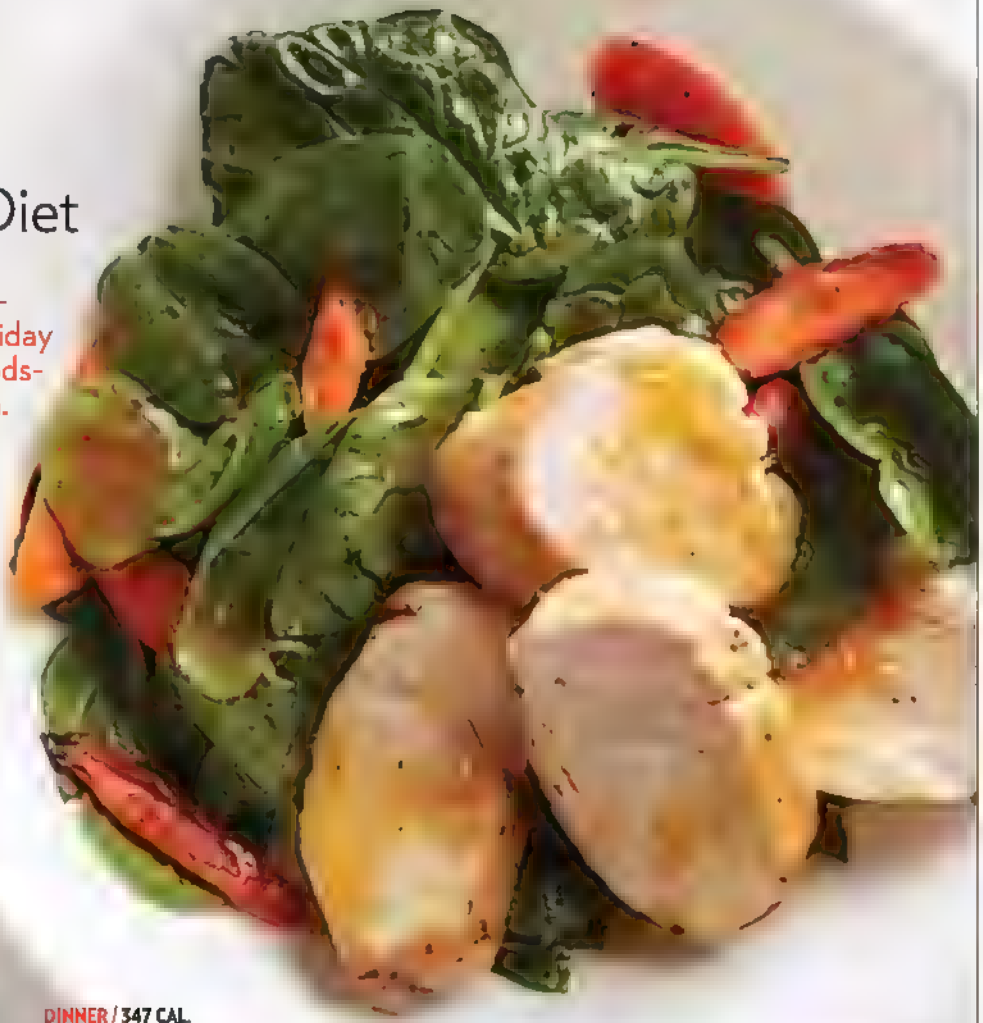
The Day-After Diet

Regretting that extra helping—or two—of pie? Nurse your holiday food binge with this whole-foods-packed 1,200-calorie meal plan.

By Sara Haas, R.D.N., L.D.N.



BREAKFAST / 258 CAL.

Ricotta & Yogurt Parfait: Combine ¾ cup **nonfat vanilla Greek yogurt**, ¼ cup **part-skim ricotta** and ½ tsp. **lemon zest.** Top with ¼ cup **raspberries**, 1 Tbsp. **slivered almonds** and 1 tsp. **chia seeds.**

MORNING SNACK / 212 CAL.

Apple & Cheddar with Jalapeño Slices: 1 **apple** (cut into 8 wedges), 1 oz. **sharp Cheddar cheese**, ½ **jalapeño** (sliced).

LUNCH / 381 CAL.

Kale Turkey Wraps: Mix 1 Tbsp. **cranberry sauce** with 1 tsp. **Dijon mustard.** Spread on 3 medium **lacinato kale leaves.** Top each with 1 oz. **sliced turkey**, 2 **red onion slices** and 3 **pear slices** (1 pear total). Serve with 1 small **banana.**

DINNER / 347 CAL.

Apricot-Rosemary Chicken with Roasted Carrot Salad

ACTIVE: 35 min. **TOTAL:** 45 min.

Searing the chicken on the stovetop then finishing it in the oven ensures juicy results.

- 2 pounds carrots, cut diagonally into ¼-inch-thick slices
- 4 teaspoons extra-virgin olive oil, divided
- 1 teaspoon kosher salt, divided
- ½ teaspoon ground pepper, divided
- 2 boneless, skinless chicken breasts (1¼ pounds), trimmed
- ½ cup low-sodium chicken broth
- ¼ cup apricot preserves
- 2 tablespoons lemon juice
- 3 sprigs fresh rosemary
- 1 clove garlic, minced
- 8 cups baby spinach

1. Preheat oven to 450°F.

2. Toss carrots on a rimmed baking sheet with 2 teaspoons oil, ½ teaspoon salt and ¼ teaspoon pepper. Roast until barely tender, 10 to 12 minutes.

3. Meanwhile, sprinkle chicken with the remaining ½ teaspoon salt and ¼ teaspoon pepper. Heat the remaining 2 teaspoons oil in a medium skillet over medium-high heat. Add the chicken and cook until lightly browned, about 2 minutes per side.

4. Stir the carrots, push to the sides and transfer the chicken to the baking sheet. Roast until an instant-read thermometer inserted into the thickest part of the chicken registers 165°F, 10 to 15 minutes more.

5. Meanwhile, whisk broth, apricot preserves, lemon juice, rosemary and garlic in the skillet. Bring to a simmer over medium heat. Reduce heat to maintain a gentle simmer until ready to use. (Remove the rosemary before serving.)

6. Transfer the chicken to a clean cutting board and let rest for 5 minutes before slicing. Transfer the carrots to a large bowl. Add spinach and half of the apricot sauce; gently toss to combine. Serve the sliced chicken over the salad, drizzled with the remaining sauce.

SERVES 4: 4 oz. chicken & 2 cups salad each

CAL 347 / **FAT** 9G (SAT 2G) / **CHOL** 78MG / **CARBS** 36G / **TOTAL SUGARS** 19G (ADDED 8G) / **PROTEIN** 33G / **FIBER** 7G / **SODIUM** 550MG / **POTASSIUM** 1,258MG.

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THANKSGIVING ONE BOX AT A TIME

Iowa farmer Danelle Myer offers the ultimate meal-delivery service. (Sorry, Blue Apron!) Hers is just for Thanksgiving, packed with fresh-picked produce and ultra-local—you can only get it if you live nearby. For the rest of us, these recipes will give you a taste of a heartland holiday feast.

By Summer Miller

PHOTOGRAPHY BY
KARLA CONRAD

THANKSGIVING
MENU

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Chocolate-Sweet Potato Parfait
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THANKSGIVING

WINES

Mix up the wine case this year. Small wineries and ambitious winemakers are stretching the boundaries and focusing on grapes not commonly grown in the U.S. Dry, fruity, acidic and medium-bodied, all of these wines pair perfectly with Thanksgiving.

Bubbly

Onward Wines Pétillant Naturel, Malvasia Bianca, 2014, Capp Inn Ranch, Suisun Valley, CA ($24)

White

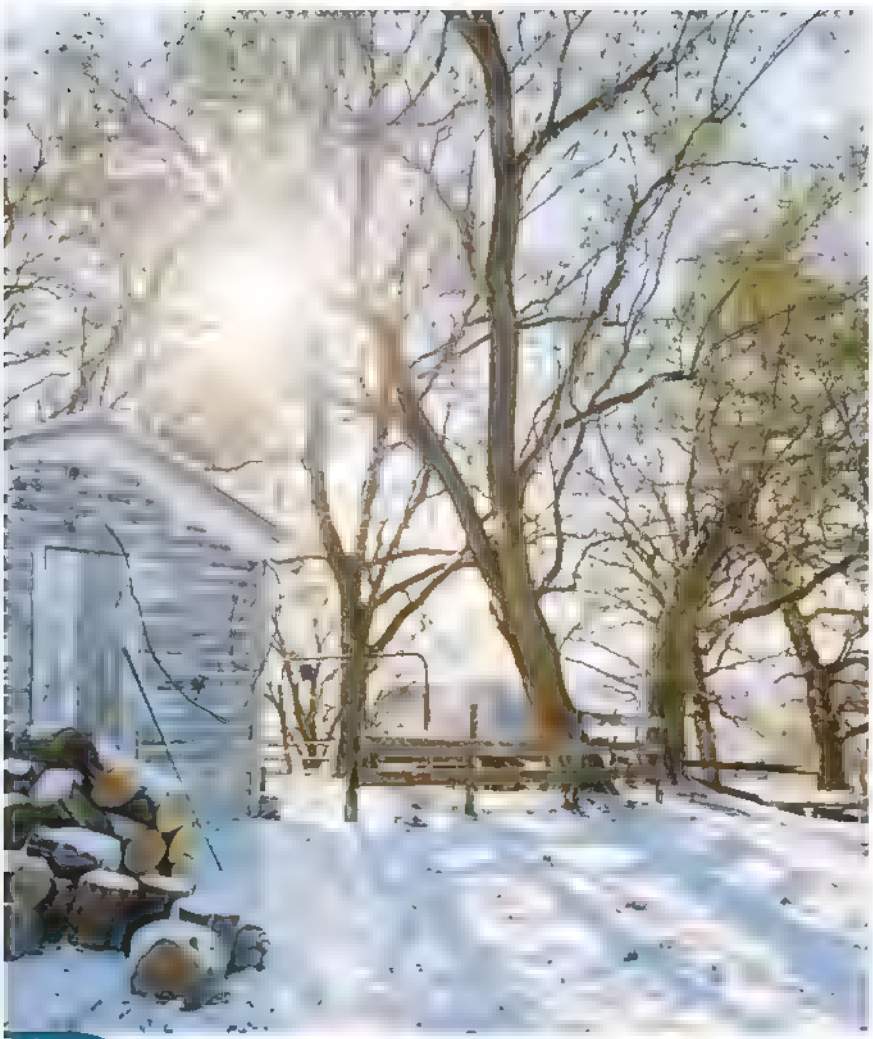
Forlorn Hope Nodosaur, 2014, CA ($27)

Lieu Dit Melon, 2015, Santa Maria Valley, CA ($24)

Red

Edmunds St. John Bone-Jolly Gamay Noir, 2014, El Dorado County, CA ($22)

Dirty & Rowdy California "Familiar" Mourvèdre, 2015 ($30)



Even though there's snow blanketing the fields, salad greens thrive in the hoop house at One Farm throughout the winter. Fifth-generation farmer Danelle Myer is bucking the trend of her rural county and choosing to feed people instead of livestock.

Danelle Myer walks across the snow to her detached garage, which doubles as a packing shed, opens the doors of her maroon cargo van and slides one box after another onto the makeshift platform in the back. For Myer, an Iowa vegetable farmer based 45 minutes north of Omaha, Nebraska, the weekend before Thanksgiving marks the grand finale of her growing season. That's when loyal customers eagerly await her Bounty Boxes, packed with just about everything to make a field-to-table holiday dinner.

Myer drives the van to the nearby town of Logan, Iowa, and parks in front of the county courthouse, where she waits as customers trickle in over the next hour. She greets almost every person by name.

"Be careful," Myer says, as she places a box into a customer's outstretched arms. "They are heavy this year!" They exchange brief pleasantries and Happy Thanksgivings before hustling to their still-warm cars.

Myer is beaming even in the 19-degree weather. Each box represents the best she has to offer—like deep green lacinato kale, delicate but spicy arugula, garlic, purple-blushed turnips, dried herbs, carrots, baking apples and sweet potatoes. She tucks in either a jar of jam she made from a customer's peaches or apple butter crafted from the apples plucked from the trees of her brother's home orchard.

Like many children in rural American farming families, Myer fled the 1,200-acre corn and soybean farm she grew up on for the opportunities of the city. After spending nearly two decades in Omaha, she was ready for a change. But the transition from an urban-dwelling marketing director to farmer was a slow, introspective process. During a self-described pity party at the age of 37, it occurred to Myer that being single and childless provided the freedom to have any kind of life she wanted.

The first glimpse of her future came when she stumbled across an apprenticeship at the University of California, Santa Cruz that taught ecological principles to build sustainable farming systems.

"I didn't know what my role would be when I left for UC Santa Cruz. I thought I might continue in marketing," Myer says "The clarity hit in week two of the apprenticeship when I realized I needed to get home and grow food. Making a difference at home became the priority."

She wrote her business plan based on the idea of feeding the people of Harrison County, a rural community of less than 15,000, where more than 82 percent of farmland is used to grow commodity crops, mostly corn and soybeans. This means most of what is grown in the fertile soils is converted into ethanol, used to feed livestock or transformed into food additives like high-fructose corn syrup. Shortly before her fortieth birthday, she took over a small corner of her family's land, and with the rumble of a tractor, One Farm was born in 2011.

Instead of offering a CSA, Myer sells her produce at the farmers' market, to restaurants, through direct-to-consumer online orders and the Bounty Boxes. Her first year, she sold 10 boxes neatly tied with a pull of jute and affixed with a hand-stamped note. This year she sold her goal of 40.

Although Myer and her parents farm differently, she says they don't argue about philosophy. "The truth is I wouldn't be doing what I am doing if my family hadn't been doing what they've been doing," she says. "We all want to grow food. My dad feels like he is feeding the world. I feel like I am feeding my corner of the world."

In a small town where easy access to fresh, local fruits and vegetables can be limited in cold weather, Melissa Rosengren is grateful for Myer's commitment to feeding her community. She has been ordering Bounty Boxes from One Farm since its inception, and now she can't imagine a Thanksgiving dinner without it.

"It's fresher and better food, and unfortunately our small-town grocery store can be outdated on vegetables, so it's nice to have something fresh, especially around the holidays," says Rosengren.

Before she packs up to head to the next pick-up location, Myer's phone starts pinging. People are tagging her in photos of their Bounty Boxes on social media. Some announce plans for twice-baked potatoes, others, sausage, potato and kale soup.

"I love that it is the perfect holiday for the farm," says Myer. "When families in my community can sit down to their feast and say, 'This, this and this came from One Farm down the road,' I think that's pretty amazing!"

SUMMER MILLER *is the author of* New Prairie Kitchen: Stories and Seasonal Recipes from Chefs, Farmers and Artisans of the Great Plains. *She lives in Nebraska.*

Braised Turnips with Crème Fraîche & Arugula Pesto

ACTIVE: 30 min **TOTAL:** 1 hr

TO MAKE AHEAD: Refrigerate pesto (Step 4) for up to 2 weeks.

Larger turnips or those that have been stored for a while can have a bitter aftertaste. A bit of sugar fixes that. If you have small, young turnips, you can omit the sugar. This recipe makes about 1 cup of arugula pesto; use the extra as a spread on sandwiches or to dress up any roasted vegetable, pasta dish or soup.

TURNIPS

- 3 pounds turnips, peeled
- 2 tablespoons butter, melted
- 1 teaspoon kosher salt
- Ground pepper to taste
- 2 teaspoons sugar
- ½ cup water
- 2 tablespoons crème fraîche

ARUGULA PESTO

- ½ cup pine nuts
- 2 cups packed arugula
- ½ cup grated Pecorino cheese
- 2 cloves garlic
- ⅓ cup extra-virgin olive oil
- 1 teaspoon lemon juice

1. To prepare turnips: Position a rack in lower third of oven; preheat to 425°F. Place a large rimmed baking sheet in the oven while it heats.

2. Cut turnips into quarters (if medium) or eighths (if large). Toss with butter, salt and pepper in a large bowl. Spread the turnips on the hot baking sheet in a single layer, with a cut side down.

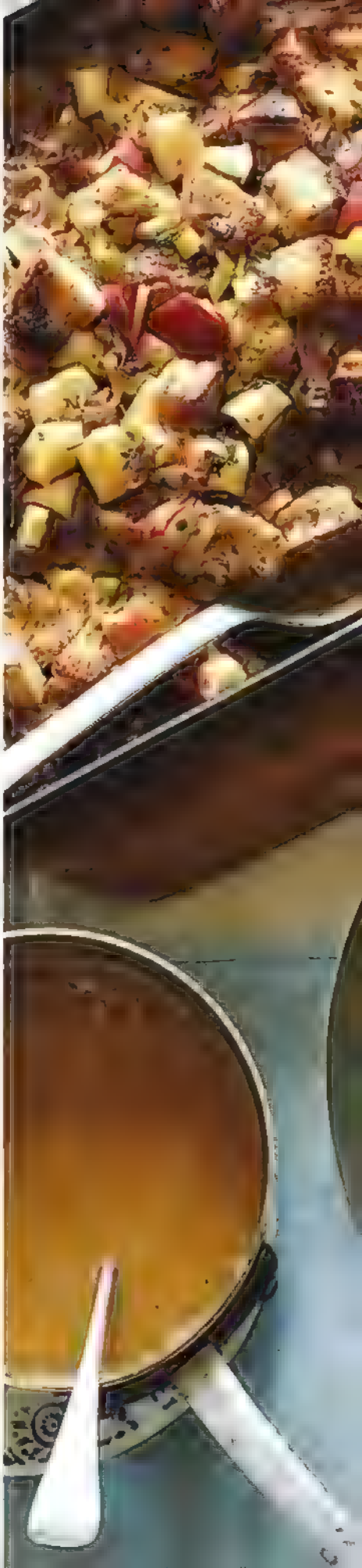
3. Roast the turnips in the lower third of the oven until starting to brown on the bottom, about 20 minutes. Turn them over so the other cut side is down. Sprinkle with sugar and add water to the pan. Carefully cover with foil. Continue roasting until very tender, about 20 minutes more.

4. To prepare pesto: Toast pine nuts in a small dry skillet over medium heat, stirring occasionally, until golden, 7 to 10 minutes. Transfer to a food processor. Add arugula, cheese, garlic, oil and lemon juice; process until pureed.

5. Toss the turnips in a bowl with 1 teaspoon of the pesto. To serve, spread crème fraîche and 1 tablespoon pesto on a serving platter. (Save the remaining pesto for another use.) Spoon the turnips on top. Season with more pepper to taste.

SERVES 8: ⅔ cup each

CAL 96 / **FAT** 6G (SAT 3G) / **CHOL** 11MG / **CARBS** 10G / **TOTAL SUGARS** 6G (ADDED 1G) / **PROTEIN** 2G / **FIBER** 3G / **SODIUM** 247MG / **POTASSIUM** 271MG.



Homemade Giblet Gravy (*left*) and Wilted Kale with Warm Shallot Dressing (*recipes page 82*)

Caramelized Onion & Apple Stuffing

ACTIVE: 50 min **TOTAL:** 1¾ hrs

TO MAKE AHEAD: Refrigerate caramelized onions (Step 1) for up to 1 week. Prepare stuffing (Steps 2–5) and refrigerate for up to 1 day; let stand at room temperature for 20 minutes before baking.

Caramelized onions make a sweet and savory addition to traditional stuffing. Choose an apple that becomes tender yet holds its shape when cooked—try Jonagold or Cortland.

CARAMELIZED ONIONS

- 3 tablespoons extra-virgin olive oil
- 8 cups halved and thinly sliced yellow onions (2–3 large)
- 2 teaspoons chopped fresh thyme
- ¼ teaspoon kosher salt
- ¼ teaspoon ground pepper
- ¼ cup red wine
- 2 tablespoons cider vinegar

STUFFING

- 8 cups cubed rustic multigrain bread (½ inch; about 1 pound)
- 3 tablespoons extra-virgin olive oil
- ½ teaspoon ground pepper
- 2 tablespoons butter
- 2 cups diced celery
- 1 cup diced onion
- 2 medium red apples, chopped
- 2 tablespoons chopped fresh sage
- 2 tablespoons chopped fresh thyme
- 1 teaspoon kosher salt
- 1½ cups low-sodium chicken broth

1. To prepare onions: Heat oil in a large skillet over medium heat. Add sliced onions, 2 teaspoons thyme and ¼ teaspoon each salt and pepper. Cook, stirring occasionally, until golden, 20 to 25 minutes. Add wine and cook, stirring occasionally and reducing heat if necessary, until the onions are deep golden brown, 20 to 25 minutes more. Add vinegar, increase heat to high and cook, scraping up the browned bits, until the vinegar evaporates, about 1 minute. Transfer to a large bowl.

2. To prepare stuffing: Meanwhile, preheat oven to 425°F. Coat a 9-by-13-inch baking dish with cooking spray.

3. Toss bread with oil and pepper on a large rimmed baking sheet. Bake, stirring once, until crispy, about 15 minutes. Add to the bowl with the onions.

4. Reduce oven temperature to 400°.

5. Heat butter in the skillet over medium-high heat. Add celery and diced onion; cook, stirring, until the onion starts to brown, 6 to 8 minutes. Add apples, sage, thyme and salt. Reduce heat to medium and cook, stirring occasionally, until the apples start to soften, about 5 minutes. Transfer to the bowl with the onions and bread. Add broth and gently stir until well combined. Transfer to the prepared baking dish. Cover with foil.

6. Bake for 20 minutes. Uncover and continue baking until the top is crispy, about 15 minutes more.

SERVES 12: ¾ cup each

CAL 230 / **FAT** 11G (SAT 3G) / **CHOL** 5MG / **CARBS** 27G / **TOTAL SUGARS** 8G (ADDED 2G) / **PROTEIN** 6G / **FIBER** 5G / **SODIUM** 286MG / **POTASSIUM** 278MG.

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Vanilla-Rosemary Double-Potato Dauphinoise

ACTIVE: 40 min **TOTAL:** 2¼ hrs

A traditional Dauphinoise uses heavy cream and butter, but in an effort to make room for dessert, this dish is lightened with whole milk and reduced fat cream cheese to create decadent results with fewer calories.

- 1¼ cups whole milk
- 4 ounces reduced fat cream cheese
- ½ vanilla bean *or* ¼ teaspoon vanilla extract
- 2 teaspoons minced fresh rosemary
- 1½ pounds white potatoes, peeled
- 1 pound sweet potatoes, peeled
- 1 teaspoon kosher salt, divided
- ½ teaspoon ground white pepper, divided
- ⅔ cup shredded Gruyère cheese

1. Preheat oven to 325°F.

2. Combine milk and cream cheese in a medium saucepan. If using vanilla bean, split the pod in half lengthwise. Use the tip of a paring knife to scrape the seeds into the milk mixture and add the pod to the pot (or add vanilla extract). Cook over medium heat, whisking, until the cream cheese melts and the mixture is steaming. Let stand for 10 minutes. Remove the vanilla bean (if using) and stir in rosemary.

3. Very thinly slice potatoes and sweet potatoes with a mandoline or by hand. Layer one-third of the sweet potatoes, slightly overlapping, in an 8-inch-square baking dish. Sprinkle with a little salt and pepper. Layer on one-third of the potatoes and sprinkle with a little more salt and pepper. Set aside ¼ cup of the milk mixture, then pour about half of the remaining mixture over the potatoes. Repeat the same layers two more times. (The potatoes will not be completely submerged.) Drizzle the reserved ¼ cup milk mixture over the top and sprinkle with cheese.

4. Bake until bubbly and golden brown, 1¼ to 1½ hours. Let cool for about 15 minutes before serving. Cut into 9 squares.

SERVES 9: about ½ cup each

CAL 175 / **FAT** 7G (SAT 4G) / **CHOL** 22MG / **CARBS** 23G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 2G / **SODIUM** 253MG / **POTASSIUM** 450MG.

STYLING: KELSEY BULAT/FOOD ST. B. MITCHELL (PROPS)

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PURE
CAN BRING YOU HOME

HOLIDAY TIP

Chocolate-Sweet Potato Parfait

ACTIVE: 45 min **TOTAL:** 5½ hrs (including 4 hrs chilling time)
TO MAKE AHEAD: Refrigerate mousse (Steps 1-2) for up to 5 days. Store meringues (Steps 3-8) at room temperature for up to 3 days. **EQUIPMENT:** Parchment paper

This chocolate mousse gets its body from sweet potato rather than eggs. Both the mousse and the meringue cookies can be made ahead of time, so all you have to do is assemble the parfaits when you're ready for dessert.

MOUSSE

- 1 pound sweet potato, peeled and cut into 1-inch pieces
- 1¼ cups heavy cream
- ½ cup unsweetened natural cocoa powder
- ½ cup packed light brown sugar
- 1 tablespoon vanilla extract
- 1 teaspoon ground cinnamon
- ⅛ teaspoon kosher salt
- Pinch of ground allspice
- Pinch of ground cloves

MERINGUES

- ⅓ cup confectioners' sugar
- 1 teaspoon cornstarch
- 2 large egg whites
- ¼ cup granulated sugar
- ⅛ teaspoon cream of tartar
- Pinch of salt
- 1 vanilla bean *or* 1 teaspoon vanilla extract
- ½ teaspoon cider vinegar
- Ground cinnamon for garnish

1. To prepare mousse: Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add sweet potato, cover and steam until very tender, 15 to 20 minutes. Transfer to a food processor; puree until smooth. You should have 1½ cups.
2. Combine heavy cream, cocoa, brown sugar, 1 tablespoon vanilla, cinnamon, ⅛ teaspoon salt, allspice and cloves in a small saucepan. Heat over medium heat, whisking, until the mixture looks like a thick, glossy chocolate sauce, 2 to 3 minutes. Add to the food processor and puree until very smooth, scraping down the sides a couple of times. Transfer to a bowl. Press a piece of plastic wrap directly on the surface. Refrigerate for at least 4 hours or up to 5 days.
3. To prepare meringues: Preheat oven to 300°F. Line a large baking sheet with parchment paper.
4. Whisk confectioners' sugar and cornstarch in a small bowl. Set aside.
5. Bring 1 inch of water to a simmer in a medium saucepan over medium heat. Whisk egg whites and granulated sugar in a metal mixing bowl. Place the bowl on top of the saucepan, without touching the water. Continue to whisk the mixture slowly but constantly until just warm to the touch, 1 to 2 minutes.
6. Remove from heat; add cream of tartar and salt. If using vanilla bean, split the pod in half lengthwise. Use the tip of a paring knife to scrape the seeds into the egg white mixture (or add vanilla extract). Using the whisk attachment, beat with an electric mixer on high speed until the mixture is thick, shiny and holds a stiff peak when the beater is lifted, 3 to 15 minutes, depending on the strength of your mixer. Add vinegar and beat to combine. Gently fold in the reserved sugar mixture.
7. Dollop 16 tablespoonfuls of the meringue onto the prepared baking sheet to make 2-inch cookies.
8. Bake the meringues until crispy on the outside and still a little soft in the middle, about 25 minutes. Let cool.
9. To serve, make 2 alternating layers of mousse and meringues in eight 4-ounce jars or dessert dishes. Dust with cinnamon and serve immediately.

SERVES 8: about ⅓ cup mousse & 2 meringues each

CAL 282 / **FAT** 15G (SAT 9G) / **CHOL** 51MG / **CARBS** 37G / **TOTAL SUGARS** 28G (ADDED 25G) / **PROTEIN** 3G / **FIBER** 3G / **SODIUM** 82MG / **POTASSIUM** 319MG.

Silk

DO PLANTS

NO SUGAR ADDED.
YES, PLANTS ADDED.

DAIRY-FREE PLANTMILK

Silk Unsweetened Original Cashewmilk, Unsweetened Vanilla Almondmilk, Unsweetened Coconutmilk, contain 0 grams of added sugar

Lemon-&-Fennel-Rubbed Turkey

ACTIVE: 30 min **TOTAL:** 3½ hrs (plus 24 hrs dry-brining time)

Fennel has sweet flavor notes that pair in a vibrant way with tart lemon. For this rub, herbs mixed with olive oil and lemon juice help infuse the meat with flavor without all of the space needed to soak the turkey in a liquid brine. (Photo: page 72.)

LEMON & FENNEL RUB

- 3 cloves garlic, minced
- 2 tablespoons kosher salt
- Zest from 2 lemons
- 3 tablespoons lemon juice
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons fresh thyme *or* 2 tablespoons dried
- 1 tablespoon whole fennel seeds, freshly ground, *or* 2 teaspoons ground
- 1 tablespoon whole black peppercorns, freshly ground, *or* 2 teaspoons ground
- 1 tablespoon sugar

TURKEY

- 1 12- to 14-pound natural or heritage turkey
- 1 medium yellow onion, quartered
- 1 lemon, quartered
- 5 sprigs fresh thyme

1. To prepare rub: Mash garlic and salt together on a cutting board to form a paste. Transfer to a medium bowl and mix in lemon zest, lemon juice, oil, 3 tablespoons fresh thyme (or 2 tablespoons dried), fennel, pepper and sugar.

2. To dry-brine turkey: Reserve giblets and neck for making giblet stock for gravy, if desired. Thoroughly pat the turkey dry inside and out with paper towels. Place on a platter and loosen the skin of the breast and legs. Spread about one-third of the rub mixture under the skin, one-third on the outside and the remaining third inside the cavity. Wrap tightly with plastic wrap. Refrigerate for 24 hours.

3. To roast turkey: Position rack in bottom third of oven; preheat to 425°F.

4. Transfer the turkey to a roasting rack set in a roasting pan. Let stand at room temperature for 30 minutes. Place onion, lemon and thyme sprigs in the cavity. Tuck the wings under the body and tie the legs together.

5. Roast the turkey until the skin starts to brown in spots, 20 to 30 minutes.

6. Reduce oven temperature to 350° and roast for 1 hour more.

7. Turn the roasting pan 180 degrees and tent the breast with foil. Continue roasting until an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165°F, 45 minutes to 1½ hours more.

8. Carefully tilt the turkey so the juices from the cavity flow into the pan. Transfer the turkey to a clean cutting board and tent with foil. Let rest 20 minutes before carving.

SERVES 12: 4 oz. turkey (plus leftovers) & 2½ Tbsp. gravy each

CAL 247 / **FAT** 10G (SAT 3G) / **CHOL** 123MG / **CARBS** 3G / **TOTAL SUGARS** 1G (ADDED 1G) / **PROTEIN** 33G / **FIBER** 0G / **SODIUM** 416MG / **POTASSIUM** 283MG.

Homemade Giblet Gravy

ACTIVE: 20 min **TOTAL:** 1½ hrs

TO MAKE AHEAD: Refrigerate stock (Step 1) for up to 2 days.

Making gravy in a large saucepan rather than in the unwieldy turkey roasting pan is way easier to manage on the stovetop—plus it frees up a burner. (Photo: page 76.)

- Turkey giblets and neck
- 1 large carrot, cut into thirds
- 1 small onion, quartered
- 1 stalk celery, chopped
- 6 sprigs fresh thyme
- 3 cloves garlic, smashed
- 1 bay leaf
- 1 handful fresh parsley *or* celery leaves
- 4 cups water plus 3 tablespoons, divided
- 3 tablespoons cornstarch
- Ground pepper to taste

1. To prepare stock: Place giblets and neck, carrot, onion, celery, thyme, garlic, bay leaf and parsley (or celery leaves) in a large saucepan. Add 4 cups water. Bring to a boil. Reduce heat to a gentle simmer and cook for 1 hour. Pour the stock through a fine sieve into a 2-cup glass measure. (Discard solids.) You should have 1¾ to 2 cups stock.

2. To prepare gravy: Once the turkey is done and out of the roasting pan, scrape the drippings and browned bits from the roasting pan into a large saucepan and add the stock. Bring to a boil.

3. Whisk cornstarch and the remaining 3 tablespoons water in a small bowl. Add to the stock mixture, whisking constantly; cook, whisking, for 1 minute. Remove from heat. Pour the gravy through a fine-mesh sieve. Season with pepper.

MAKES: about 2 cups

ANALYSIS NOTE: THE TURKEY ANALYSIS INCLUDES THE GRAVY.

Wilted Kale with Warm Shallot Dressing

ACTIVE: 40 min **TOTAL:** 40 min

Vinegar is wonderful way to brighten a dish. You want to use a cloudy one, which means it likely still has some of the "mother" in the bottle; it will give you a sweet acidity rather than a harsh bite. Organic apple cider vinegar is usually your best bet. For the most eye-catching version of this side, use different colored varieties of kale. (Photo: page 77.)

- 4 tablespoons extra-virgin olive oil, divided
- 6 cloves garlic, minced
- ¾ teaspoon kosher salt, divided
- 2 pounds kale (about 4 bunches), stemmed and coarsely torn
- ⅓ cup water
- 1 cup thinly sliced shallots
- 2 teaspoons packed light brown sugar
- ¼ teaspoon cayenne pepper
- 2 tablespoons cider vinegar

1. Heat 1 tablespoon oil in a large pot over medium heat. Add garlic and ½ teaspoon salt; cook, stirring, until fragrant, about 1 minute. Add one-third of the kale and stir until starting to wilt. Repeat with the remaining kale in two more batches. Stir in water. Cover and cook, stirring often, until tender, 8 to 10 minutes.

2. Meanwhile, heat the remaining 3 tablespoons oil in a small skillet over medium heat. Add shallots and cook, stirring often, until starting to brown, 2 to 3 minutes. Sprinkle with brown sugar, cayenne and the remaining ¼ teaspoon salt; cook, stirring often, until golden brown, 2 to 4 minutes more. Remove from heat and carefully stir in vinegar. Pour the dressing over the kale and toss to coat.

SERVES 8: ⅔ cup each

CAL 127 / **FAT** 7G (SAT 1G) / **CHOL** 0MG / **CARBS** 14G / **TOTAL SUGARS** 3G (ADDED 1G) / **PROTEIN** 4G / **FIBER** 3G / **SODIUM** 146MG / **POTASSIUM** 217MG.

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All About the Sides

STEVEN SATTERFIELD

JENNIFER JASINSKI

MARCUS SAMUELSSON

MICHAEL SYMON

MING TSAI

NAOMI POMEROY

Sharing great side dishes and giving back to the community are top of the list during the holidays. These chefs give us a taste of both.

Photography by **Helen Norman**

INTERVIEWS BY LUCY M. CASALE • ILLUSTRATIONS BY GARY HOVLAND

Roasted Brusse s Sprouts *(p 90)*

MICHAEL SYMON

Sharing Food: Turkey and the typical roasts are mainstays on Michael Symon's holiday table, but "the sides are where we really have some fun," he says of the food he serves with friends and family. "These Brussels sprouts are one of my favorites."

Giving Back: Symon is host of the Cleveland Chef Gala, a biennial benefit for Autism Speaks. "Autism impacts us in so many different ways," Symon says. "It is important that we make strides toward a greater understanding."

Latest Cookbook: *Michael Symon's 5 in 5 for Every Season: 165 Quick Dinners, Sides, Holiday Dishes, and More!*

Notable Restaurants: Lola and Mabel's BBQ in Cleveland, Roast in Detroit; B Spot Burgers, various locations

Roasted Turnips with Citrus-Miso Butter *(p 91)*

MING TSAI

Sharing Food: Tsai makes golden-colored Chinese dumplings to symbolize prosperity in the new year. For holiday meals he says his Chorizo-Fennel Stuffing is a tasty time-saver that's best made a day in advance so the flavors meld together in the fridge overnight. The next day all you have to do is bake it.
Giving Back: At age 4, Tsai's son was refused restaurant service because of his food allergies. "I was furious, to say the least," he says. So, Tsai worked with the Massachusetts legislature on the first law in the country requiring restaurants to follow food-allergy awareness guidelines. Today, Tsai is a national spokesperson for Food Allergy Research & Education.
Latest Cookbook: *Simply Ming in Your Kitchen*
Restaurants: Blue Ginger in Wellesley, Massachusetts, and Blue Dragon in Boston.

Chorizo Fennel Stuffing *(p 91)*

STEVEN SATTERFIELD

Sharing Food: Thanksgivings find Satterfield facing off in a friendly turkey cook-off with his brother-in-law. But the real prizes are sides like Roasted Turnips with Citrus-Miso Butter, easy to make and bursting with flavor

Giving Back: When Satterfield was receiving chemotherapy for cancer, fellow chef Ryan Hidinger began visiting him with soup. When Hidinger got cancer later, he returned the favor. Today, The Giving Kitchen (TGK), founded in Hidinger's memory, helps restaurant workers during times of hardship. "There are so many workers that have no insurance or support system," Satterfield says. "TGK helps people get back on their feet."

Latest Cookbook: *Root to Leaf: A Southern Chef Cooks Through the Seasons*

Restaurant: Miller Union in Atlanta

MARCUS SAMUELSSON

Sharing Food: "You gotta have sweet potatoes on the table for a holiday dinner," says Samuelsson about food traditions. But he encourages cooks to get creative with how they prepare them.

Giving Back: During Thanksgiving, his uptown New York restaurant Red Rooster partners with NBA players to give away roasted turkeys. Samuelsson is also co-chairman of the Careers through Culinary Arts Program (C-CAP), which provides culinary education, internships and scholarships to at-risk youth. "I have students join me at big events to prepare food," he says, "and I've hired students and graduates to work in my restaurants."

Latest Cookbook: *The Red Rooster Cookbook: The Story of Food and Hustle in Harlem*

Notable Restaurants: Red Rooster Harlem and Streetbird Rotisserie in New York

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Orange Caraway
Glazed Carrots *(p 90)*

NAOMI POMEROY

Sharing Food: Pomeroy likes to give her holiday guests the gift of lightness. With her orange-caraway carrots, she says "the glaze gives a flavorful intensity so that you don't have to add a lot of butter or cream."
Giving Back: Pomeroy raises money for Seed Savers Exchange, a nonprofit that collects, grows and shares heirloom seeds and plants. "I chose Seed Savers because I wanted to bring awareness to a subject that is important to me: biodiversity."
Latest Cookbook: *Taste & Technique: Recipes to Elevate Your Home Cooking*
Restaurants: Beast and Expatriate in Portland, Oregon.

JENNIFER JASINSKI

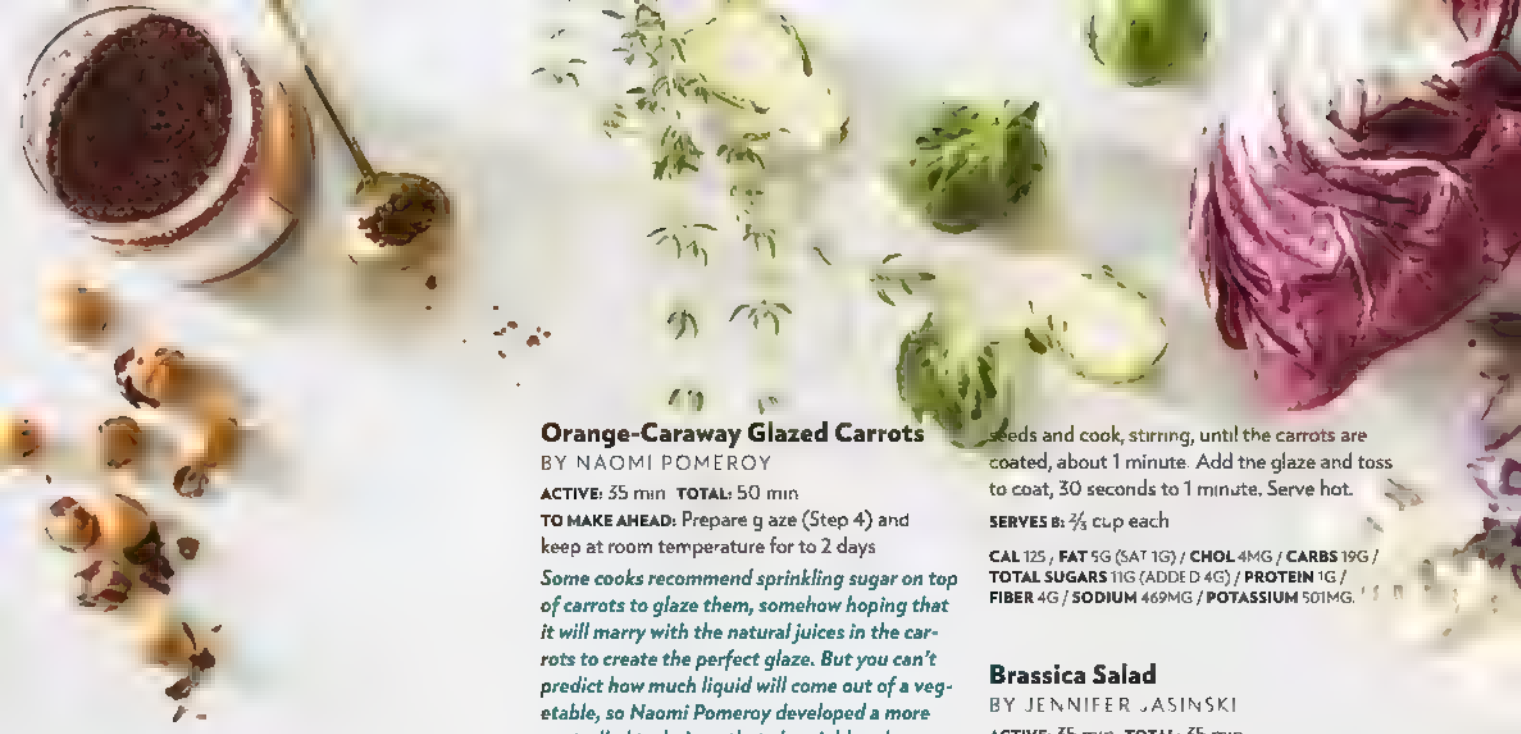
Sharing Food: Jasinski and her husband host a dinner each Thanksgiving for friends and neighbors who don't have family in town. For a riff on her favorite trendy vegetable she adds shaved cauliflower to roasted Brussels sprouts in a salad. To give the dish a festive look she adds dried apricots and blood oranges.

Giving Back: Jasinski is involved with Work Options for Women, a nonprofit that helps impoverished women find work in the food service industry. "I love that it's not just about jobs, but about giving women self-worth," she says.

Latest Cookbook: *The Perfect Bite*

Restaurants: Rioja, Bistro Vendôme, Euclid Hall and Stoic & Genuine, all in Denver.

Brassica Salad *(p 90)*



Roasted Brussels Sprouts

BY MICHAEL SYMON

ACTIVE: 30 min **TOTAL:** 30 min

Michael Symon loves Brussels sprouts because they can be cooked so many different ways. This dish, with the rich flavor of the walnuts, Dijon and capers, is perfection with roasted meats. It will add a nice lift to your holiday meal. **(Photo: page 85.)**

- 2 pounds Brussels sprouts, trimmed
- 4 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon kosher salt
- Freshly ground pepper to taste
- 1 teaspoon minced anchovies (about 1½ fillets), or more to taste
- ¼ cup coarsely chopped walnuts
- 1 tablespoon Dijon mustard
- 1 tablespoon capers, rinsed
- 2 teaspoons white-wine vinegar

1. Preheat oven to 450°F

2. Cut Brussels sprouts into quarters (or sixths, if large). Spread in an even layer on a large rimmed baking sheet. Drizzle with 3 tablespoons oil and season with salt and pepper. Roast until just tender, 8 to 10 minutes.

3. Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium-low heat. Add anchovies and cook, stirring occasionally, until they have melted into the oil, 3 to 5 minutes. Add walnuts and cook, stirring occasionally, until lightly toasted, 4 to 6 minutes. Remove from heat. Stir in mustard, capers and vinegar.

4. Add the Brussels sprouts to the pan and stir to combine with the sauce. Season with more pepper to taste. Serve warm.

SERVES 8: ½ cup each

CAL 133 / **FAT** 10G (SAT 1G) / **CHOL** 1MG / **CARBS** 10G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 4G / **SODIUM** 124MG / **POTASSIUM** 414MG.

Orange-Caraway Glazed Carrots

BY NAOMI POMEROY

ACTIVE: 35 min **TOTAL:** 50 min

TO MAKE AHEAD: Prepare glaze (Step 4) and keep at room temperature for to 2 days

Some cooks recommend sprinkling sugar on top of carrots to glaze them, somehow hoping that it will marry with the natural juices in the carrots to create the perfect glaze. But you can't predict how much liquid will come out of a vegetable, so Naomi Pomeroy developed a more controlled technique that also yields a deeper and richer flavor. **(Photo: page 88.)**

CARROTS

- 3 pounds medium-to-large carrots, trimmed
- 2 tablespoons extra-virgin olive oil
- ¾ teaspoon salt
- 1 tablespoon butter
- 1 teaspoon caraway seeds, toasted

GLAZE

- ⅓ cup aged sherry vinegar
- ¼ cup maple sugar, muscovado sugar or brown sugar
- ½ teaspoon salt
- ½ teaspoon orange zest

1. To prepare carrots: Place a large rimmed baking sheet in the oven; preheat to 400°F.

2. Cut off the tip of a carrot at a 45-degree angle. Rotate the carrot a quarter turn and cut off a 1½-inch piece at a 45-degree angle. Continue rotating and cutting along the length of the carrot to create irregular-shaped pieces. Repeat with the remaining carrots.

3. Toss the carrots with oil and ¾ teaspoon salt in a large bowl. Spread the carrots on the hot baking sheet. Roast, stirring once, until just tender and starting to brown in spots, 35 to 45 minutes.

4. To prepare glaze: Meanwhile, combine vinegar, sugar and salt in a small saucepan. Bring to a simmer over medium heat, stirring to dissolve the sugar. Reduce heat to maintain a gentle simmer and cook, watching carefully to prevent burning, until the glaze is the consistency of maple syrup and the color has darkened, 5 to 10 minutes. Stir in orange zest. Transfer to a small heatproof bowl and keep at room temperature (don't refrigerate, as it will harden). As the glaze cools, it will thicken slightly, but when tossed with the hot carrots, it will return to a syrupy texture.

5. To serve, melt butter in a large skillet over medium-high heat. Add the carrots and caraway seeds and cook, stirring, until the carrots are coated, about 1 minute. Add the glaze and toss to coat, 30 seconds to 1 minute. Serve hot.

SERVES 8: ⅔ cup each

CAL 125 / **FAT** 5G (SAT 1G) / **CHOL** 4MG / **CARBS** 19G / **TOTAL SUGARS** 11G (ADDED 4G) / **PROTEIN** 1G / **FIBER** 4G / **SODIUM** 469MG / **POTASSIUM** 501MG.

Brassica Salad

BY JENNIFER JASINSKI

ACTIVE: 35 min **TOTAL:** 35 min

TO MAKE AHEAD: Refrigerate the dressing for up to 5 days.

Jennifer Jasinski has this salad on the menu at her restaurant Rioja for fall and winter. The balance of roasted Brussels sprouts alongside the tang of the oranges and the chewy sweetness from the apricots is a crowd-pleaser. **(Photo: page 89.)**

HAZELNUT VINAIGRETTE

- ¼ cup whole hazelnuts, toasted, divided
- 3 tablespoons white balsamic vinegar
- 3 tablespoons water
- 2 teaspoons Dijon mustard
- ¼ cup olive oil
- 1 teaspoon chopped fresh thyme
- ¾ teaspoon kosher salt
- ¼ teaspoon ground pepper
- 1 tablespoon finely chopped shallot

SALAD

- 16 medium Brussels sprouts (about 12 ounces), quartered
- 1 tablespoon olive oil
- Pinch of salt
- 2 medium oranges
- 4 cups shaved-thin raw cauliflower (some stem is OK)
- 3 cups torn radicchio
- 12 dried apricots, thinly sliced
- ⅓ cup toasted whole hazelnuts

1. Preheat oven to 500°F

2. To prepare vinaigrette: Place 2 tablespoons hazelnuts, vinegar, water and mustard in a food processor or blender; process until as smooth as possible. With the motor running, add ¼ cup oil in a slow stream through the feed tube until well blended. Add the remaining 2 tablespoons hazelnuts, thyme, ¾ teaspoon salt and pepper; process for a few seconds more or until the consistency is loose and chunky. Transfer to a small container and stir in shallot.

3. To prepare salad: Toss Brussels sprouts with

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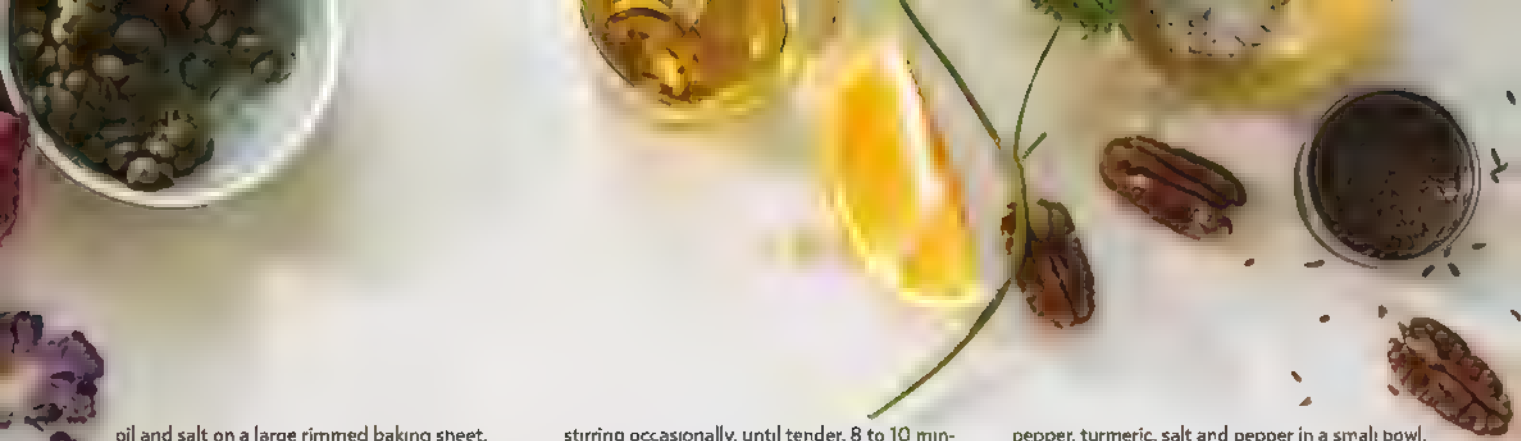

oil and salt on a large rimmed baking sheet. Roast until tender, 5 to 7 minutes.
4. Meanwhile, supreme the oranges: Cut a thin slice off the top and bottom of each. Place on a flat surface. Slice off the peel and white pith below, following the curve of the fruit as you go. Holding knife to cut over a large bowl, use a small sharp knife to cut between the membrane and each segment, letting the segments drop into the bowl. Drain any juice from the bowl.
5. Add the Brussels sprouts to the oranges along with cauliflower, radicchio, apricots and hazelnuts. Drizzle with the vinaigrette and gently toss to combine.

SERVES 8: 1 cup each

CAL 201 / **FAT** 15G (SAT 2G) / **CHOL** 0MG / **CARBS** 16G / **TOTAL SUGARS** 9G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 5G / **SODIUM** 167MG / **POTASSIUM** 520MG

Chorizo-Fennel Stuffing

BY MING TSAI

ACTIVE: 30 min **TOTAL:** 1 hr
TO MAKE AHEAD: Prepare through Step 4 and refrigerate for up to 1 day. Remove from refrigerator about 20 minutes before finishing with Step 5.

This stuffing is easy to make and goes with almost anything. If you like, make it vegetarian by substituting a pound of minced shiitake mushrooms for the chorizo and using mushroom or vegetable broth instead of chicken broth. **(Photo: page 86.)**

- 1 pound brioche, challah *or* other bread, cut into 1-inch cubes
- 12 ounces fresh chorizo sausage, casing removed, crumbled
- 1 tablespoon extra-virgin olive oil
- 3 cups sliced fennel (from about 2 medium bulbs), fronds reserved for garnish
- 1 large yellow onion, finely chopped
- 1 tablespoon minced fresh ginger
- 1 jalapeño pepper, sliced
- 2-3 cups low-sodium chicken broth, divided

1. Preheat oven to 375°F.
2. Spread bread on a large rimmed baking sheet. Bake until dried out, about 15 minutes.
3. Meanwhile, cook chorizo in a large cast-iron skillet over medium-high heat, stirring occasionally, until cooked through, about 5 minutes. Transfer to a large bowl with a slotted spoon. Add oil, fennel and onion to the pan and cook, stirring occasionally, until tender, 8 to 10 minutes. Stir in ginger and jalapeño. Add ½ cup broth and stir to scrape up any browned bits.
4. Add the vegetable mixture and bread to the bowl with the chorizo; gently stir to combine. Pour in 1½ cups broth and stir until evenly moist. For a moister stuffing, add up to 1 cup more broth.
5. Return the stuffing to the skillet. Bake until it starts getting crispy on top, 20 to 30 minutes. Serve garnished with chopped fennel fronds, if desired.

SERVES 10: 1 cup each

CAL 269 / **FAT** 10G (SAT 2G) / **CHOL** 29MG / **CARBS** 34G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 12G / **FIBER** 3G / **SODIUM** 370MG / **POTASSIUM** 271MG

Pan-Roasted Sweet Potatoes with Dried Cherries & Pecans

BY MARCUS SAMUELSSON

ACTIVE: 40 min **TOTAL:** 40 min

Dried cherries and nuts give this dish a traditional feel. The addition of some bacon for lushness and Aleppo pepper for a little bite really kicks things up. **(Photo: page 87.)**

- 2 pounds small sweet potatoes, peeled if desired
- 3 tablespoons extra-virgin olive oil, divided
- 2 tablespoons butter, divided
- 1 tablespoon honey
- 2 teaspoons reduced-sodium tamari
- ½ teaspoon Aleppo pepper
- ½ teaspoon ground turmeric
- ¼ teaspoon kosher salt
- Freshly ground pepper to taste
- 2 slices bacon, chopped
- 2 tablespoons dried sour cherries
- 2 tablespoons coarsely chopped pecans *or* walnuts

1. Halve sweet potatoes lengthwise, then cut crosswise into ½ inch-thick slices. Heat 1 tablespoon each oil and butter in a large skillet over medium-high heat. Add half the sweet potatoes and cook, turning once, until starting to brown in spots, 2 to 4 minutes total. Reduce heat to medium-low and cook, turning frequently, until tender, 3 to 5 minutes more. Transfer to a large bowl; cover to keep warm. Repeat with 1 tablespoon oil and the remaining butter and sweet potatoes. Transfer to the bowl and keep covered.
2. Meanwhile, combine honey, tamari, Aleppo pepper, turmeric, salt and pepper in a small bowl.
3. Add the remaining 1 tablespoon oil and bacon to the pan and cook over medium-low heat, stirring often, until the bacon is crispy, 6 to 8 minutes. Add the honey mixture and simmer, stirring, for 30 seconds. Remove from heat.
4. Return the sweet potatoes to the pan along with cherries and nuts; toss to coat. Serve warm or at room temperature.

SERVES 8: ⅔ cup each

CAL 172 / **FAT** 10G (SAT 3G) / **CHOL** 9MG / **CARBS** 19G / **TOTAL SUGARS** 8G (ADDED 2G) **PROTEIN** 2G / **FIBER** 3G / **SODIUM** 146MG **POTASSIUM** 351MG.

Roasted Turnips with Citrus-Miso Butter

BY STEVEN SATTERFIELD

ACTIVE: 20 min **TOTAL:** 1 hr

The turnip often gets a bad rap as boring, common or bland, but Chef Steven Satterfield is always looking for new ways to make this underappreciated vegetable shine. Here they're roasted with bright-flavored orange and lemon juice and rich, nutty miso, both of which balance the earthy taste of turnips. **(Photo: page 86.)**

- 5 tablespoons unsalted butter
- ¼ cup white miso
- 2 teaspoons orange zest
- ½ cup orange juice
- 2 teaspoons lemon zest
- 3 tablespoons lemon juice
- 3 pounds turnips, trimmed, peeled and cut into 1-inch pieces
- 1 tablespoon coarsely chopped flat-leaf parsley

1. Preheat to 400°F.
2. Combine butter, miso, orange zest and juice, lemon zest and juice in a small saucepan. Heat over medium-low heat, stirring, until the butter is melted, about 5 minutes. Whisk well to combine.
3. Place turnips in a large bowl. Add the butter mixture and toss until evenly coated. Spread out on a large rimmed baking sheet.
4. Roast the turnips, stirring halfway through, until slightly caramelized and just tender, 35 to 45 minutes. Serve warm or room temperature, sprinkled with parsley.

SERVES 8: ¾ cup each

CAL 135 / **FAT** 7G (SAT 5G) / **CHOL** 19MG / **CARBS** 15G / **TOTAL SUGARS** 8G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 3G / **SODIUM** 385MG / **POTASSIUM** 368MG

Show Broccoli How to Live a Little.

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To Good Health, Say Cheese!

Old-school thinking is that cheese is unhealthy, in large part because of all its saturated fat. But newer research calls into question the link between saturated fat and heart disease. In fact, eating cheese (nibbling, not gorging) is linked with numerous health benefits. Here are 5 ways cheese is good for you. *By Rachael Moeller Gorman*

LAUREN JUSTICE (2)

NO RUSH
Cheesemaking is a slow and careful art. Andy Hatch of Uplands Cheese is still in the early stages of making Pleasant Ridge Reserve as he separates the curds from the liquid whey—called "cutting." It will be at least 10 months until the finished cheese hits stores.

CUTS YOUR HEART DISEASE RISK

Some researchers think cheese might explain the so-called French Paradox—that French people have low rates of heart disease despite their affinity for cheese and other saturated fat–rich foods, such as butter and duck. Then there's a 2016 report that analyzed results from 31 prospective cohort studies (the ones that watch people throughout their lives) that compared how much dairy people ate to whether they developed cardiovascular disease. One major finding was that eating nearly 2 ounces of cheese daily (1 ounce equals a 1-inch cube) was associated with an 18 percent lower risk of heart disease. Writing in the *British Journal of Nutrition*, the authors posit that minerals like calcium, potassium and magnesium and vitamins like riboflavin and B_{12} may play a role. Another key finding: eating as little as ½ ounce of cheese a day could cut stroke risk by 13 percent.

FENDS OFF DIABETES

Eating 1¾ ounces of cheese a day may lower your risk of developing type 2 diabetes by 8 percent, says an analysis of cohort studies in the *American Journal of Clinical Nutrition*. There's more good news from the same study—people who ate about ¾ cup of yogurt daily had even lower risk. Another study in *AJCN*, this one out of Sweden, found that women who ate just under 2 ounces of cheese also lowered their type 2 diabetes risk. The shorter-chain saturated fats in cheese were linked to lower risk of type 2 diabetes. Also, calcium—which increases insulin secretion and may reduce insulin resistance—may fend off the disease, say researchers. Whey proteins might play a role, too, as they may increase insulin sensitivity. (For more ways to ward off diabetes, see page 28.)

HELPS YOU DODGE DEATH

OK, that's extreme. But eating cheese really may help you live longer, per a 2016 study in the *European Journal of Clinical Nutrition*, which followed 960 French men for almost 15 years to see whether the foods they ate had any relationship to when they died. The happy finding? Eating about 2 ounces of cheese a day was associated with a 38 percent lower likelihood that they died during the study. Perhaps calcium's blood pressure–lowering effects play a role or its ability to curb fat absorption in the gut, write the researchers.

IMPROVES YOUR CHOLESTEROL

Keeping with heart health, a daily snack of cheese may lower your cholesterol. A 2015 analysis of randomized controlled trials (research's gold standard) in *Nutrition Reviews* compared the blood cholesterol of people eating a prescribed diet that included butter or cheese. Although both diets had about the same amount of saturated fat and calories, the cheese eaters ended their trials with lower total and LDL cholesterol than their butter-eating counterparts. Their "good" HDL cholesterol was also lower, though—the opposite of what you want. The cholesterol changes could be due to calcium's ability to ferry fat through your gut so you don't absorb it and its associated calories (the amount of calcium is much greater in cheese than in butter). Vitamin K_2, found in fermented dairy products like cheese, may also play a role.

MAKES YOU STRONGER

Eating almost a cup of ricotta cheese a day for 12 weeks boosted muscle mass and improved balance in healthy adults over 60. The researchers of the study—published in 2014 in *Clinical Interventions in Aging*—said that the milk proteins casein and whey may have fueled the improvement.

PATIENT CRAFTING ALLOWS GREAT MILK TO SHINE

By Molly McDonough

No matter the time of year, taking a bite of Pleasant Ridge Reserve is like taking a whiff of a summer breeze: it's fresh and fragrant, a bouquet of wild herbs and flowers. That's because it cheese that's only made in summertime, when cows are grazing in the green pasture at Uplands Cheese in southern Wisconsin. The grass-fed milk that results is deliciously complex, with a flavor of summer flora that evolves and deepens as wheels of the alpine-style cheese age for up to two years. When the cows move inside come fall and the milk becomes fattier—Uplands makes the super-soft, spoonable Rush Creek Reserve, which is wrapped in a robe of spruce bark.

Uplands has had great success focusing only on two seasonal farmstead cheeses. Although the cheesemaker behind them, Andy Hatch (*pictured below and left*), was born and raised in Wisconsin where dairy farming dominates—he never made cheese until he was living on a Norwegian goat farm. That's right: an award-winning cheesemaker first learned secrets of the trade from a 5-foot-tall Norwegian lady named Unni. After college he'd been working in a corn-breeding lab, but was itching to get his hands dirty. Seizing the opportunity when his boss's mother-in-law needed help on their farm in Norway, Hatch soon found himself making Gjetost (a traditional brown cheese made from caramelized cream and whey) in a cast-iron pot over a wood fire on the side of a fjord.

Stirring those curds, Hatch realized he'd found something he loved. "It kind of clicked for me," he remembers. "I was good at it. It was a way to get into farming." He then spent a few years apprenticing at dairies in England, Ireland, Italy and the French Alps before returning home to study dairy science at the University of Wisconsin. After an apprenticeship at Uplands, Hatch and his wife, Caitlin, bought the farm along with fellow apprentice Scott Mericka and his wife, Liana. Today, Mericka manages the herd while Hatch makes the cheese.

Hatch's craft that first inspired him in Europe has solidified Uplands Cheese's national recognition, with major awards and availability in specialty stores across the country (and as far away as Paris and Tokyo). In the end, though, it's all about preserving a style of farming that matches his deep appreciation for the subtleties of milk. "I'm not a cheesemaking genius," he says. "The cheese is good because the milk is good."

Building Your Board

CHEESE NATION

Simple to prepare but high on wow factor, a cheese board is unquestionably an ideal way to do appetizers. But with hundreds of cheeses and accompaniments to choose from, how do you decide what to serve? Follow these rules of thumb and you can't go wrong. Or let us do the work for you and replicate this board. *—L.W.*

1. THINK BEYOND THE COW. Choose cheeses from different milk sources—cow, goat and sheep.

2. TEXTURE MATTERS. Soft, semi-soft, hard—pick cheeses with a variety of textures you'll naturally achieve a broad flavor spectrum. Soft, creamy cheeses taste different than firmer cheeses (think Brie versus Parmesan). Add some accompaniments and you introduce even more texture. Here are cheese families grouped by texture:

WASHED-RIND CHEESES
Limburger, Taleggio, Epoisses de Bourgogne

FRESH, CREAMY CHEESES
goat cheese (chèvre), ricotta, fromage blanc

SOFT-RIPENED CHEESES
Brie, Camembert, Cambazola

SEMI-SOFT CHEESES
young Gouda, Havarti, Fontina

SEMI-HARD CHEESES
Gruyère, Comté, Cheddar, Manchego, aged Gouda
(This is the largest category of cheeses, so consider selecting more than one cheese from it for a larger board.)

HARD CHEESES
Parmigiano-Reggiano, Pecorino Romano, Grana Padano, aged Manchego

BLUE CHEESES
Stilton, Gorgonzola

3. GO REGIONAL. Choosing cheeses from one country or one region for your cheese board can be fun and teaches you about the cheeses of a particular place. One of the most exciting up-and-coming cheese hubs right now: the American South. Goat Lady Dairy in North Carolina, Sweet Grass Dairy in Georgia and Sequatchie Cove Creamery in Tennessee are just three of the many Southern creameries to watch. Or sample a little terroir by choosing cheeses from various mountain regions in Europe.

4. CALCULATE WHAT YOU'LL NEED. If you're serving three cheeses or fewer, plan on about 1½ to 2 ounces of each cheese per person. If you're serving more than three cheeses, allot about 1 ounce of each per person. Otherwise you run the risk of your guests filling up on cheese before they take a bite of dinner

5. TAKE THE CHILL OFF. The ideal temperature for cheese is between 66° and 71°F. Too cold and the flavors will be muted. Too warm and they'll be muddled or melt off your board. For that just-right temperature, take the cheeses out of the fridge about a half hour before serving them. Harder cheeses take longer to warm up because they're denser, so give them about an hour to temper.

STYLING: HALEY SMIRNOFF (FOOD); BETTE BLAU (PROPS)

If you want your cheese to really shine, skip flavored crackers or bread and stick to plain baguette slices. Neutral-flavored crackers will do too, but the toasty flavor of crackers interferes slightly with the flavors in cheese.
BORGHEZOLA CREMIFICATO
ROTH GRAND CRU SURCHOIX
BRILLAT-SAVARIN
AGED SPANISH MANCHEGO
Serve each cheese with its own knife to keep flavors separate from one another. You don't want your Brie tasting like blue cheese!

Perfect Pairings

BLUE CHEESE

GORGONZOLA CREMIFICATO

When ripe, Gorgonzola Cremificato is a cheese you have to serve with a spoon—it's too creamy to cut. In some cheese shops, that's actually how they portion it out. The cheese is sweet and seductive. If you can't find it, Colston Bassett Stilton is a good alternative.

PAIR WITH: Sweet things like honey, candied walnuts and fresh or dried figs provide contrasting flavors and go well with blue and other salty cheeses (hard cheeses and washed-rind). Try Bee Raw Honey Company's Raw Maine Blueberry Honey with this Gorgonzola to elevate the "blue" theme.

SOFT-RIPENED CHEESE

BRILLAT-SAVARIN

You simply can't go wrong with a French triple crème, particularly at the most festive time of year. It's a splurge (triple crème signifies the addition of cream to the milk)—a little goes a long way.

PAIR WITH: Holiday-inspired Cranberry-Vanilla Preserves from Kelly's Jelly, an Oregon family business, enhance the cheese's vanilla ice cream–like characteristics and contrast the richness with the tart cranberries. Or try other sweet-tart jams like apricot preserves. Walnut bread completes the picture.

SEMI-HARD CHEESE

FACE ROCK CREAMERY CLOTHBOUND CHEDDAR

Meet one of America's newest Cheddars on the cheese scene. It's wrapped in cheesecloth, which is standard in the making of English-style Cheddars. But Oregon cheesemaker Brad Sinko uses a secret cocktail of cultures and slathers the outside with his own handmade butter to protect the cheese and nurture its flavors during the two-year-plus aging period. The result is a buttery, grassy and fruity cheese that makes you wonder: what was that stuff called "Cheddar" you ate as a kid?

PAIR WITH: Onion jam, hearty bread.

FRESH CHEESE

CYPRESS GROVE PSYCHEDILLIC

In addition to flecks of dill, the magic ingredient in this creamy California goat cheese is dill pollen. This enhances its dilly flavor without being overpowering. The result is a mellow, earthy and balanced cheese.

PAIR WITH: Capers or caper berries, smoked salmon and pumpernickel bread are a slam dunk for this particular cheese. In general, for creamy cheeses like chèvre, fromage blanc and Brie, savory or sweet-tart accompaniments are best. Olives and olive spreads are another savory option. Tart dried fruits like apricots and cherries as well as fruit pastes, such as quince, are very appealing.

SEMI-HARD CHEESE

ROTH GRAND CRU SURCHOIX

This Wisconsin-made alpine-style cheese earned the title of "best cheese in the world" at the 2016 World Championship Cheese Contest. It is part of the Roth family of Grand Cru cheeses, along with the equally excellent Original and Reserve. This one is aged longer to fully develop its flavors. The result is a nutty, brown-butter, crystalline, downright suave cheese.

PAIR WITH: Italian salumi. Alpine-style cheeses, as well as aged Cheddars and Goudas, also call for sweet-savory pairings like caramelized onions or confit, pepper jelly or tomato jam.

HARD CHEESE

AGED SPANISH MANCHEGO

There are several versions of this iconic Spanish sheep's-milk cheese, but some can be bland. To get a nutty, rich, buttery and mellow cheese, look for one that's labeled 6-month or older and is made with raw milk.

PAIR WITH: Serrano ham and Spanish Marcona almonds - their richness complements buttery cheeses. In fact, nuts are a must for any cheese board they add textural contrast and great flavor—and Marcona almonds go nicely with most cheeses, as do pistachios and dry-roasted, skinned almonds. *—L.W*

Cheese Loves Beer

Cheese and wine seem to go hand-in-hand, but, surprisingly, beer is often a better pairing. Beer is essentially brewed by a "chef," who combines malt, yeast, hops and sometimes other ingredients like spices and fruit, explains Garrett Oliver, brewmaster of Brooklyn Brewery, author of *The Brewmaster's Table* and editor-in-chief of *The Oxford Companion to Beer*. So the resulting flavors are virtually limitless. Plus beer's carbonation cuts through fat and physically lifts it off the palate, allowing you to really taste the cheese. With the right pairings, beer and cheese taste far better than they would have alone. Here, Oliver suggests three brew styles to accompany a variety of cheeses.

DOPPELBOCK

Often referred to by Bavarians as "liquid bread," the doppelbock beer style is a strong dark lager that does indeed taste like a fresh loaf of bread. The flavors are slightly sweet and highly caramelized, giving the beer a unique ability to grab onto similar flavors in cheeses. The nuttiness of aged Manchego and the sweet, fudgy, salty flavor and texture of aged alpine-style cheeses will find perfect partners in doppelbock. **Spaten of Munich** is among the best producers, and their **Optimator** remains a classic.

TRIPEL

The Belgian tripel style originated in the country's monasteries and some of the best are still made inside monastic walls. Tripels are twice as strong as most beers and have beautiful dry, fruity, spicy flavors and aromatics that are great with goat cheeses and triple crèmes. **Tripel Karmeliet**, once made by Carmelite monks, is an excellent choice.

IMPERIAL STOUT

Imperial stout, a beer style invented for Catherine the Great of Russia, is black, coffee-ish and chocolaty, having been brewed with highly roasted malts. It brings out the chocolaty depth of sweet blue cheeses, such as Stilton and Gorgonzola Cremificato. And once you're finished with your cheese, imperial stout moves smoothly on to pair with desserts. Oliver naturally favors his own **Brooklyn Black Chocolate Stout**, but **Samuel Smith's Imperial Stout** is also delicious.

8 Must-Visit Cheese Shops

Cheese shops are popping up around the country. Here's a sampling of a few newer ones to check out and one old fave not to miss. *–L.W*

CHEESE TOURS: COME GET CULTURED

By Jim Romanoff

Who wouldn't want to spend two weeks traveling through the French countryside learning about cheesemaking, touring creameries, meeting cheesemakers all while exploring the area and feasting on delicious local food? The Fromages de France Tour is just one of a handful of trips offered by Cheese Journeys, a New York City-based company that builds trips exclusively around cheeses and the artisans behind them. You'll taste cheeses like Comté and Reblochon at their origin and get the insider's perspective from local experts. If France isn't for you, how about a Cheddar Odyssey in the UK? Or pick one of their stateside trips, like a Cheeses of Oregon tour that will take you from Portland to the Pacific coast and the Willamette Valley, known for its dairy as well as Pinot Noir wines. Don't have two weeks of vacation banked? Some trips are quick weekend getaways. Tours range from $2,000 to around $6,000. Airfare isn't included, but almost everything else is. For more information, check out *cheesejourneys.com*

FAIRFIELD & GREENWICH CHEESE COMPANY

Fairfield and Greenwich, CT

Cheese education is the ethos of these two stores, as evidenced by owners Laura Downey and Chris Palumbo's e-newsletter and their Cheese School of Connecticut

FLORA ARTISANAL CHEESE IN TIMBERCREEK MARKET

Charlottesville, VA

Owner Nadjeeb Chouaf just won the coveted title of Champion at the Cheesemonger Invitational a friendly, but still intense, all-day competition that pits cheesemongers from around the country against one another.

THE CHEESE SHOP OF DES MOINES

Des Moines, IA

With 100-plus (mostly American) cheeses, plus charcuterie, this café specializes in toasties (think amped-up grilled cheese) and features a wine bar. Owners C.J. and Kari Beinert's oasis has spawned a cheese movement in Des Moines

CHEESE + PROVISIONS

Denver, CO

The Mile-High City gives rise to many cheese shops, but Cheese + Provisions stands out with its particular focus on American-made cheese and the people that produce it.

DI BRUNO BROS. *Philadelphia, PA*

Cross the threshold of the original shop in the 9th Street Italian Market and you feel as if you've walked into the embrace of a long-lost uncle. Employees of the 78-year-old family-owned cheese shop—including co-owner Emilio Mignucci *(right)*—greet you with an exuberance that's only outshone by their abundant cheese selection and the knowledge to go with it.

CHEESEMONGERS OF SANTA FE

Santa Fe, NM

Owner John Gutierrez has an encyclopedic knowledge of his cheese selection, and when he shares that in his characteristic upbeat way, it's like storytelling for adults. The takeaway cheese platters equally delicious and artistic—are a must if you're entertaining.

FROMAGINATION

Madison, WI

Ken Monteleone's shop sits across the street from the Dairy State's capitol building. Not only does it offer hard-to-get Wisconsin cheeses, as well as other American and imported cheeses, but this beautiful store also has an expansive gourmet food section for one-stop shopping.

ATELIER AT JCB COLLECTION

Yountville, CA

One of the world's most important and successful winery owners, Frenchman Jean-Charles Boisset also knows cheese. His (wine) Tasting Salon in Napa includes a luxurious cheese store where you can find foie gras, caviar and other luxe items as well *Très bien!*

FAR LEFT: COURTESY CHEESE BOURNE'S CENTER; BILL WADMAN

CHEESE NATION

Store Cheese Like a Pro

How many times have you found an odd-size, unidentifiable hunk of mold-shrouded rock-hard cheese in the back of your fridge? OK, yes, you forgot about it. But you also may not have wrapped the cheese quite right either. Here's the wrap on storing cheese. —*L.W.*

FRESH, CREAMY CHEESES, like ricotta and many goat cheeses, come in plastic tubs. Keep them there. Same goes for goat cheeses packaged in thick plastic, so long as it's well sealed and won't dry out (you can use plastic wrap to reseal it).

SOFT-RIPENED CHEESES, such as Brie and Camembert, are highly perishable and will deteriorate more quickly if they can't breathe. Because of that, store leftovers in their original wrappers (cheesemakers typically use a breathable wrap that's better than anything most of us have at home) or store it unwrapped in a sealable container with one edge of the lid lifted to allow a little air inside.

SEMI-SOFT, SEMI-HARD AND HARD CHEESES (basically everything from young Gouda to aged Parmigiano) should be wrapped in wax paper followed by plastic wrap. This double-wrap protects the cheese and allows it to breathe. Plastic alone tends to suffocate cheese and can impart an off flavor. Many cheeses come wrapped just in plastic so you, the shopper, can see what you're buying, but it isn't a cheese's best ally. Rewrap it when you get home.

THERE'S A DRAWER FOR IT. Lastly, store all cheeses in any drawer of your fridge. It's warmer and more humid, which keeps them from drying out.

CHEESE NATION

BREAKING THE MOLD

By Carolyn Shapiro

Inside the warmest of the Jasper Hill Farm caves, downy white mold coats soft cheeses. Humidity helps ripen the rinds, adding a subtle bitterness to mellow grass notes. Cooler temps in neighboring vaults nurture other cheeses.

Andy and Mateo Kehler had no idea how to milk a cow, never mind make cheese, when they bought Jasper Hill in 1998. But the brothers had spent summers in Greensboro, Vermont, and fresh out of college bought the old dairy farm there. They knew family-run dairy farms were getting squeezed and they needed a product to sell at a higher price than they could get for milk. So Mateo (*left*) went to England to learn cheesemaking at the renowned Neal's Yard Dairy.

Their first cheeses ripened in the farmhouse's basement. Then, nearby Cabot Creamery Cooperative asked the Kehlers to age some of its Cheddar, providing a financial boost along with their first Best of Show from the American Cheese Society.

Cabot gave the Kehlers an idea: they could offer [illegible] pertise and marketing support to fellow artisan cheesemakers and help get that cheese from small-scale producers to larger markets. So they made a multimillion-dollar investment and, in 2008, completed a state-of-the-art underground bunker with seven vaults, each calibrated to the ideal conditions for ripening to produce world-class American cheeses that rival the best of Europe's. Today, they still age Cabot Clothbound Cheddar, plus four other partners' products. The Kehlers' help was vital to Scholten Family Farm's success, says Patty Scholten. "It's a lot of work to get a product to market and they've got it down." The Scholtens' Weybridge cheese spends time in a Jasper Hill drying room, then ages in a humid cave to bloom the rind.

The Kehlers now have stacks of first-place ribbons. "But cheese is just a vehicle to achieve other goals," Andy says—like employing 74 people and keeping an old farm flourishing.

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SAFFRON ROYAL BASMATI, KALE & POMEGRANATE SALAD

INGREDIENTS

FOR THE SAFFRON RICE

- 1 cup Royal® Basmati Rice
- 1½ cups water
- 1 tablespoon oil
- ¼ teaspoon saffron threads
- A pinch of salt

FOR THE SALAD

- 1½ cups cooked Royal® Basmati Saffron Rice
- 1 cup pomegranate seeds
- 2 cups chopped baby kale
- ¼ cup toasted slivered almonds
- ¼ cup crumbled feta cheese
- 1 watermelon radish, shaved thin

FOR THE DRESSING

- 2 tablespoons yellow mustard seeds
- 3 tablespoons sugar
- ½ cup minced shallots
- 2 tablespoons olive oil
- 1 tablespoon honey
- ½ tablespoon apple cider vinegar
- ½ teaspoon salt
- 1 squeeze lemon or orange juice

INSTRUCTIONS

FOR THE SAFFRON RICE

1. Rinse measured Basmati Rice 1 to 2 times to remove extra starch; then drain.
2. Place drained rice into saucepan and add water, saffron, oil and salt. Place saucepan uncovered over high heat and bring to a boil, stirring occasionally.
3. Let water reduce slightly below the rice level and then cover the heat.
4. Place a tight lid on the saucepan and simmer for 20 minutes.

FOR THE SALAD

1. In a separate saucepan over medium heat, mix 1 cup water and the sugar until it is melted.
2. Add mustard seeds and simmer until softened about 20 minutes. Strain and reserve the syrup from the seeds. Reserve 2 tablespoons of the boiled seeds.
3. In a food processor, pulse the shallots with olive oil, 2 tablespoons of the reserved mustard seeds, water, honey, apple cider vinegar, salt and orange juice until smooth and creamy. Taste and adjust. Add additional olive oil or water to keep the mixture moving through the food processor.
4. Pour dressing in a bowl and toss the salad ingredients together just before serving.

Visit AuthenticRoyal.com for more recipes.

CHEESE NATION

Cheese Fondue with Fennel & Tomatoes

ACTIVE: 30 min. **TOTAL:** 30 min.
EQUIPMENT: Fondue pot or small slow cooker

The secret weapon in this recipe is sodium citrate, an emulsifier for melting cheese evenly, which is key in a fondue. Adding vegetables brings texture and [illegible] complementing the bold [illegible] cheese. To serve 12, plan on [illegible] cups vegetables for dipping, such as steamed broccoli and cauliflower florets, wedges of raw fennel and red bell pepper.

- 1½ tablespoons extra-virgin olive oil
- 2 cups diced fennel
- 1 cup diced onion
- 1 14-ounce can no-salt-added diced tomatoes, drained well
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 10 ounces Emmentaler or Swiss cheese, shredded (3½ cups)
- 6 ounces Comté or Gruyère cheese, shredded (2 cups)
- 2 tablespoons all-purpose flour, plus more as needed
- 1 teaspoon fennel seeds, gently crushed
- ¼ teaspoon cayenne pepper
- 1¼ cups light, fruity white wine, such as dry Riesling

1. Fill a fondue pot (or small slow cooker) with very hot water and set aside to warm.
2. Heat oil in a large skillet over medium heat. Add fennel and onion and cook, stirring often, until translucent, 8 to 10 minutes. Add tomatoes, salt and pepper; cook, stirring occasionally, until any liquid evaporates, 2 to 4 minutes. Remove from heat.
3. Combine both cheeses, flour, fennel seeds and cayenne in a medium bowl.
4. Heat wine in a medium heavy-bottomed saucepan over medium heat until hot, but not boiling. Add the cheese mixture a handful at a time, stirring until melted before adding more. Remove from heat and stir in the vegetable mixture.
5. Drain and dry the fondue pot (or slow cooker). Pour in the fondue and keep warm over a low flame (or on the warm setting) to serve. Stir in a teaspoon or two of flour if your fondue starts to separate.

SERVES 12; ⅓ cup fondue each

CAL 202 / **FAT** 13G (SAT 7G) / **CHOL** 37MG / **CARBS** 6G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 11G / **FIBER** 1G / **SODIUM** 175MG / **POTASSIUM** 143MG.

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Go Orange

Want loads of powerful nutrients? Reach for fiery-hued produce, from winter squash and carrots to papaya and sweet potatoes.

Green veggies get all the attention. Sure, broccoli and kale do a body good, but there's a whole family of equally potent produce out there. Amber, tawny, gold and copper-colored produce are bursting with carotenoids, fierce pigments that multitask to safeguard your health. They gobble up harmful free radicals and quell inflammation—a known culprit in many chronic diseases, including heart disease, colitis and asthma. They also prevent the buildup of fatty plaques in your arteries that can lead to heart disease and stroke. Carotenoids even filter out UV light that harms your eyes. Almost all orange fruits and vegetables contain some carotenoids, but for the most concentrated sources, load up on carrots, pumpkin, winter squash, sweet potatoes, apricots, mangoes and papayas. Read on for more reasons to go orange and get recipes that put the best flame-colored fruits and vegetables of the season out front. You'll never think of an old orange carrot as humble again.

KAREN ANSEL, M.S., R.D.N.,
& ANNE TREADWELL

RECIPES BY
RAGHAVAN IYER

PHOTOGRAPHY BY
JEFF KAUCK

Hoppin' John with Orange Bell Peppers

ACTIVE: 35 min **TOTAL:** 50 min

Loads of ham hocks, cured pork belly or even smoked turkey wings are usually a key ingredients in this Southern dish. In this version smoked paprika and cayenne pepper bring on the flavor. Ounce per ounce these two spices contain roughly 2½ times the beta carotene of boiled sweet potatoes. Serve as a main-dish stew or a smaller portion as a side along with some brown rice.

- 2 tablespoons canola oil
- 2 medium orange bell peppers, chopped (½-inch)
- 4 large cloves garlic, finely chopped
- 2 teaspoons ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon salt
- 1 small bunch collard greens (about 8 ounces), trimmed and chopped
- 4 cups cooked black-eyed peas (homemade, frozen *or* canned, rinsed)
- 1 14-ounce can diced tomatoes
- 1 cup water

1. Heat oil in a large saucepan or pot over medium heat. Add bell peppers and garlic and cook, stirring occasionally, until starting to brown and smell fragrant, 6 to 8 minutes

2. Stir in cumin, paprika, cayenne and salt; cook, stirring, for 15 seconds. Stir in collard greens by the handful; cook, stirring, until they are wilted a bit, about 2 minutes.

3. Add black-eyed peas, tomatoes and their juice and water. Bring to a boil. Reduce heat to maintain a simmer, cover and cook, stirring occasionally, until the greens are tender, about 15 minutes.

SERVES 6: 1¼ cups each

CAL 213 / **FAT** 6G (SAT 1G) / **CHOL** 0MG / **CARBS** 31G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 11G / **FIBER** 11G / **SODIUM** 476MG / **POTASSIUM** 602MG.

Burn Belly Fat!

...ch suggests eating more high-carotenoid foods may help prevent excess fat storage, especially around your midsection. It's also well-established that leaner people have higher blood levels of carotenoids—plus two recent small studies found that adding beta-carotene-rich juices or supplements to kids' diets decreased their belly fat.

Eat Right for Eyes

When scientists analyzed the diets of more than 100,000 men and women who were followed for 35 years in the Nurses' Health Study, they found those who ate the carotenoid equivalent of 2½ cups of carrots each week lowered their risk of advanced macular degeneration (a leading cause of vision loss) by 25 to 35 percent.

Chickpea-Stuffed Acorn Squash (p.116)

Destroy Cancer Cells

New research shows that getting the carotenoid beta-carotene from fruits and vegetables—not from supplements—may ramp up our body's ability to target and destroy cancer cells. Though other studies on carotenoids' cancer-prevention possibilities have been mixed, there is promising research that suggests eating carotenoid-rich veggies could lower your risk of breast and colorectal cancers.

Rice Noodles with Butternut Squash & Five-Spice Shrimp *(p.116)*

Crush Them

Carotenoids in orange fruits and vegetables live behind a sturdy cell wall so tough that we can only access a fraction of them. Slicing, dicing, chopping, even chewing will burst those rigid cell walls open. But pureeing frees up the most—up to 600 percent more carotenoids than just chewing. So puree apricots into a vinaigrette or blend a mango into your next smoothie.

Golden Beet Salad with Apricot Vinaigrette

ACTIVE: 40 min **TOTAL:** 40 min

TO MAKE AHEAD: Refrigerate vinaigrette for up to 3 days.

You might think of dried apricots as a colorful, tasty snack, but here they are pureed into the dressing, adding both sweetness and a silky texture. The fruitiness and spices are well-balanced in this dish, but if you like, add another dimension with a sprinkle of chopped fresh herbs, such as tarragon or mint.

APRICOT VINAIGRETTE

- 10 dried apricots
- ¾ cup boiling water
- 1 teaspoon cumin seeds
- ¼ cup canola oil
- ¼ cup malt vinegar
- ¼ cup firmly packed fresh cilantro
- 2 thin, round slices fresh ginger
- ½ fresh green serrano chile, seeded if desired
- ¼ teaspoon salt

SALAD

- 2 tablespoons canola oil
- 1 teaspoon black or yellow mustard seeds
- 1½ pounds medium golden beets, peeled and cut into eighths
- 2 teaspoons finely chopped fresh ginger
- 2 medium firm ripe mangoes, cubed
- ½ cup unsalted raw shelled pistachios
- ½ teaspoon salt
- 12 cups trimmed mature spinach (8 ounces)

1. **To prepare vinaigrette:** Combine apricots and boiling water in a 1-cup glass measuring cup. Let stand until softened, about 10 minutes.

2. Heat a small skillet over medium-high heat. Add cumin seeds and toast, shaking the pan every 5 seconds, until they start to crackle and smell very nutty, 30 seconds to 1 minute. Immediately transfer to a blender.

3. Add ¼ cup oil, vinegar, cilantro, ginger, chile and ¼ teaspoon salt. Add the apricots and ¼ cup of the soaking liquid (reserve the remaining liquid). Blend until smooth.

4. **To prepare salad:** Heat oil in a large skillet over medium-high heat. Add mustard seeds, cover and cook until they stop popping, about 30 seconds. Add beets, reduce heat to medium and cook, stirring, until the beets are light brown in spots, about 10 minutes. Add ginger and the remaining soaking liquid; stir well. Reduce heat to medium-low and continue to simmer, stirring occasionally, until the beets are fork-tender, 10 to 15 minutes. Stir in mango, pistachios and salt. Remove from heat.

5. Place spinach onto a platter and drizzle with ½ cup of the vinaigrette. Top with the warm beets and mangoes. Serve with additional dressing, if desired.

SERVES 6: about 2 cups each

CAL 260 / **FAT** 15G (SAT 1G) / **CHOL** 0MG / **CARBS** 31G / TOTAL SUGARS 23G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 6G / **SODIUM** 334MG / **POTASSIUM** 790MG.

Sweet Potato Tartlets with Cardamom-Saffron Yogurt

ACTIVE: 45 min **TOTAL:** 1 hr 20 min
TO MAKE AHEAD: Refrigerate stuffed pastry (Steps 2-4) for up to 1 day; bake for 45 minutes.
EQUIPMENT: Muffin tin with 12 (½-cup) cups

Saffron can be a pricy spice to use, but its delicate flavor can't be replicated. Plus, the carotenoids that give it a beautiful golden tint are also credited with cancer-fighting powers.

- 2 tablespoons butter
- 1½ cups diced peeled dark orange sweet potato (½ inch), such as Garnet
- 2½ cups diced crisp apple (½-inch), such as Honeycrisp
- ¼ cup firmly packed dark brown sugar
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- ¼ teaspoon coarsely ground pepper
- All-purpose flour for dusting and rolling
- 1 sheet frozen puff pastry, thawed in the refrigerator
- 1 tablespoon milk, warmed
- ¼ teaspoon saffron threads
- ½ cup nonfat plain Greek yogurt
- 3 tablespoons confectioners' sugar
- ½ teaspoon ground cardamom
- 1 cup pomegranate seeds (from 1 pomegranate)

1. Preheat oven to 375°F.
2. Melt butter in a large skillet over medium heat. Once the foam subsides, add sweet potato and cook, stirring often, until light brown and tender but not breaking down, 6 to 8 minutes. Stir in apple, brown sugar, cinnamon, cloves, nutmeg, salt and pepper. Remove from heat.
3. Dust a work surface with flour. Unfold the thawed, cold puff pastry sheet and roll it out to a 12 inch square. Cut into 9 equal pieces.
4. Stuff the pastry squares into 9 cups of a 12-cup muffin tin, allowing the edges to hang over the top. Fill with the sweet potato mixture.
5. Bake until the edges of the pastry are sunny brown and flaky, 35 to 45 minutes.
6. Meanwhile, place warm milk and saffron in a medium bowl and let steep, stirring a few times, for 2 minutes. Add yogurt, sugar and cardamom; whisk until smooth.
7. Serve the warm tartlets topped with a dollop of the saffron yogurt and pomegranate seeds.

SERVES 9: 1 tartlet & scant 1 tablespoon sauce each

CAL 260 / **FAT** 13G (SAT 3G) / **CHOL** 7MG / **CARBS** 32G / **TOTAL SUGARS** 15G (ADDED 8G) / **PROTEIN** 4G / **FIBER** 2G / **SODIUM** 147MG / **POTASSIUM** 195MG.

Boost Immunity

The pigment that gives orange veggies their safety-vest color is the same one your body uses to make vitamin A—and this nutrient is vital for immune system health. It even makes immunizations—like that flu shot you just got—more effective. And, emerging research suggests vitamin A may provide some protection against autoimmune diseases, such as type 1 diabetes, lupus and multiple sclerosis.

STYLING: MOLLY HAYWARD; FOOD: PAULA WALTERS; PROPS

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Dukkah-Spiced Carrots *(p.117)*

Cook It!

Heat
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Car
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when you coo
carrots—or oth
orange produce
your body absorb
twice as much bet
carotene. Add a
little fat (roughly
6 grams worth per
serving, or about
1½ teaspoons of
oil or butter) and
your gut will absorb
even more of these
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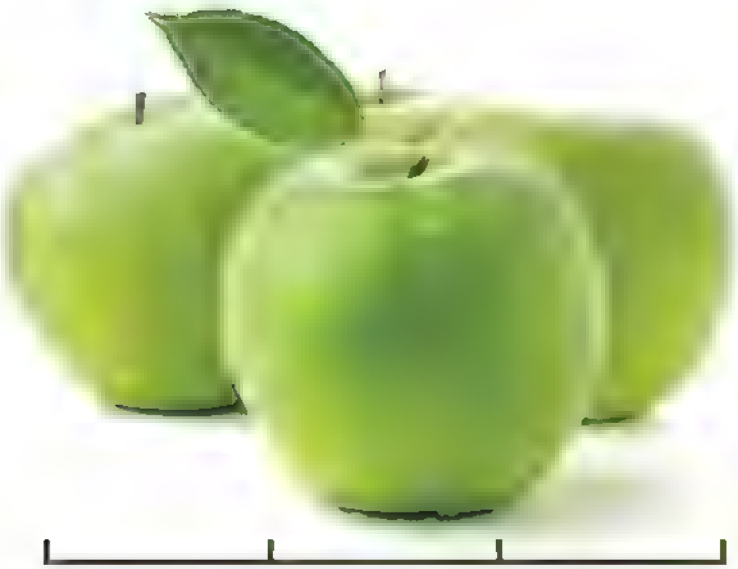

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Moroccan Chickpea-Stuffed Acorn Squash

ACTIVE: 1¼ hrs **TOTAL:** 1¼ hrs

TO MAKE AHEAD: Refrigerate stew (Steps 3-5) for up to 2 days. Reheat before filling the baked squash.

Think of this dish as a meatless tagine served in a squash bowl. Kabocha, sweet dumpling or carnival squash make a good alternatives to acorn squash. To make this side a hearty vegetarian meal, serve 2 halves each. **(Photo: page 109.)**

- 4 acorn squash (about 5 pounds total), halved lengthwise, seeds removed
- 3 tablespoons canola oil, divided
- ¾ teaspoon salt, divided
- 1 3-inch cinnamon stick, broken into pieces
- 2 tablespoons coriander seeds
- 1 teaspoon cumin seeds
- 1 teaspoon paprika
- 1 teaspoon smoked paprika
- ½-1 teaspoon cayenne pepper
- ¼ teaspoon ground turmeric
- 1 cup finely chopped onion
- 4 medium cloves garlic, finely chopped
- 3 cups cubed winter squash (½-inch), such as kabocha *or* butternut
- 2 15-ounce cans chickpeas, rinsed
- 1 14-ounce can diced tomatoes
- 1¼ cups water
- ¼ cup finely chopped fresh cilantro

1. Preheat oven to 375°F. Coat a large rimmed baking sheet with cooking spray.

2. Cut a small slice off the bottom of each squash half so it will sit nicely when stuffed. Brush the insides with 1 tablespoon oil and sprinkle with ¼ teaspoon salt. Place the squash cut-side down on the prepared pan. Bake until tender but still firm, 40 to 45 minutes.

3. Meanwhile, finely grind cinnamon stick, coriander and cumin seeds in a spice grinder or mortar and pestle. Tap the mixture into a small bowl and stir in paprika, smoked paprika, cayenne to taste, turmeric and the remaining ½ teaspoon salt.

4. Heat the remaining 2 tablespoons oil in a large pot over medium-high heat. Add onion and garlic and cook, stirring often, until starting to brown, 3 to 5 minutes.

5. Stir the spice blend into the onion and add cubed squash; cook, stirring, for 30 seconds. Add chickpeas, tomatoes and their juice and water. Bring to a boil. Reduce heat to maintain a gentle simmer, cover and cook, stirring occasionally, until the squash is tender but still firm, about 10 minutes. Stir in cilantro.

6. Fill each baked squash half with about 1 cup of the chickpea stew.

SERVES 8: ½ stuffed squash each

CAL 267 / **FAT** 7G (SAT 1G) / **CHOL** 0MG / **CARBS** 49G / **TOTAL SUGARS** 8G (ADDED 0G) / **PROTEIN** 7G / **FIBER** 10G / **SODIUM** 442MG / **POTASSIUM** 1,146MG

Rice Noodles with Butternut Squash & Five-Spice Shrimp

ACTIVE: 40 min **TOTAL:** 1 hr

TO MAKE AHEAD: Marinate shrimp (Step 1) for up to 4 hours.

Noodle dishes like this one are often served as part of a New Year's celebration to symbolize a long, healthy life. The butternut squash adds another layer of meaning with a golden color evocative of a prosperous year to come. **(Photo: page 110.)**

- 18 raw shrimp (16-20 per pound; 1-1¼ pounds), peeled and deveined, tails left on if desired
- 1 teaspoon Chinese five-spice powder
- ½ teaspoon crushed red pepper
- 4 tablespoons canola oil, divided
- 2 cups cubed butternut squash (1-inch)
- 1 large orange bell pepper, chopped (1-inch)
- 1 tablespoon fresh ginger matchsticks
- ¼ cup water
- 8 ounces rice noodles
- 2 tablespoons reduced-sodium tamari plus 1 teaspoon, divided
- 2 teaspoons toasted sesame oil, divided
- 4 scallions, trimmed and diagonally sliced (¼-inch), divided

1. Combine shrimp, five-spice powder and crushed red pepper in a medium bowl. Refrigerate for at

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least 30 minutes and up to 4 hours.

2. Heat 2 tablespoons canola oil in a large, flat-bottom carbon-steel wok or large skillet over medium-high heat until shimmering. Add the shrimp and cook, stirring, until just cooked through, 3 to 5 minutes. Transfer to a plate.

3. Drizzle the remaining 2 tablespoons canola oil into the pan. Add squash; cook, stirring occasionally, until brown in spots and partially cooked, 6 to 8 minutes. Add bell pepper and ginger; cook, stirring, 2 minutes more. Stir in water, cover and cook until the squash is tender, about 5 minutes more.

4. Meanwhile, cook noodles according to package directions. Remove with tongs to a colander (leave the hot water in the pot, covered.) Rinse the noodles and drain well.

5. Return the shrimp and any accumulated juice to the pan. Stir in 2 tablespoons tamari and 1 teaspoon sesame oil; cook, gently tossing, until the shrimp are hot, 1 to 2 minutes.

6. Briefly stir the noodles into the hot water to reheat. Drain well. Transfer to a bowl and toss with the remaining 1 teaspoon each tamari and sesame oil and half the scallions. Serve the shrimp over the noodles, sprinkled with the remaining scallions.

SERVES 6: ⅔ cup shrimp & vegetables and ¾ cup noodles each

CAL 325 / **FAT** 11G (SAT 1G) / **CHOL** 106MG / **CARBS** 41G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 15G / **FIBER** 2G / **SODIUM** 359MG / **POTASSIUM** 432MG.

Dukkah-Spiced Carrots

ACTIVE: 40 min. **TOTAL:** 40 min.

TO MAKE AHEAD: Refrigerate dukkah airtight for up to 2 weeks.

Pan-roasted carrots become an exotic winter side when topped with dukkah. But the Egyptian spice blend plays nicely with other vegetables too. Try it on steamed asparagus in the spring, grilled eggplant in summer and broiled romanesco or cauliflower steaks in the fall. **(Photo: page 114.)**

DUKKAH SPICE BLEND

- ¼ cup hazelnuts
- 2 tablespoons raw pepitas (pumpkin seeds)
- 2 teaspoons sesame seeds
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 1 tablespoon chickpea flour
- ½ teaspoon coarsely cracked black peppercorns
- ¼ teaspoon cayenne pepper

CARROTS

- 2 tablespoons butter
- 2 pounds medium carrots, peeled
- ⅓ cup finely chopped fresh dill
- ¾ teaspoon kosher salt

1. To prepare dukkah: Heat a small cast-iron skillet over medium heat. As it heats, combine hazelnuts, pepitas, sesame, coriander and cumin seeds in a small bowl. Sprinkle the mixture into the pan and toast, stirring constantly, until fragrant and light brown, 3 to 5 minutes. Return to the bowl to cool.

2. Sprinkle chickpea flour into the pan. Toast, stirring constantly, until evenly browned, 30 seconds to 1 minute. Immediately scrape into a separate small bowl.

3. Transfer the nut mixture to a spice grinder, mini food processor or blender; pulse until almost evenly ground. Add to the chickpea flour along with peppercorns and cayenne; stir to combine and break up any clumps of nuts and seeds.

4. To prepare carrots: Heat butter in a large skillet over medium heat. Once the foam subsides, add carrots and toss to coat. Cover and cook, turning occasionally, until just tender when pierced with a fork, 12 to 15 minutes.

5. Remove from heat, sprinkle (or toss) the carrots with the dukkah, dill and salt. Serve warm.

SERVES 6: 1 cup each

CAL 152 / **FAT** 10G (SAT 3G) / **CHOL** 10MG / **CARBS** 15G / **TOTAL SUGARS** 7G (ADDED 0G) **PROTEIN** 3G / **FIBER** 5G / **SODIUM** 235MG / **POTASSIUM** 520MG.

RAGHAVAN IYER's *latest cookbook is* Smashed, Mashed, Boiled, and Baked—and Fried, Too! *(Workman Publishing, Nov. 2016). He lives in Minneapolis.*

Pear Almond Crostata

This tart is pretty forgiving to make since you simply fold the edges of the crust up over the filling—no fancy fluting or crimping necessary.

PERFECTLY SWEET

Cookies, muffins, crostatas, puddings, you name it: **Joanne Chang** *is a master of them all. This Boston-based chef owns Flour Bakery, won a James Beard Award, beat Bobby Flay in a sticky bun throwdown and stays fit enough to have run the Boston Marathon 16 years in a row! So it's no surprise that for her to create these holiday favorites with a little less sugar was a piece of cake.*

Recipes by
JOANNE CHANG
Photography by
HELEN NORMAN

Sticky Toffee Pudding with Maple Sauce

We call it cake, the British call it pudding. This one gets its rich flavor from lots of dates plus a swig of maple syrup.

If you've ever crunched on one of these honey-sweetened treats from Flour Bakery, you're in luck! Now you can make them at home.

Apple Spice Muffins
Bedazzle your brunch muffins by stirring in some dried cranberries.

Lemon Poppy Seed Chiffon Cake

This classic flavor combo gets a little more sophisticated when used in this light-as-air chiffon cake

STYLING FRANCES BOSWELL (FOOD); ATESHA PATEL PROPS APPLES (OPPOSITE): SHAWORDHARDS.COM

PERFECTLY SWEET

Pear Almond Crostata

ACTIVE: 1 hr **TOTAL:** 3¼ hrs

TO MAKE AHEAD: Refrigerate pastry dough (Steps 1-2) for up to 4 days or freeze for up to 1 month. Refrigerate almond-pear cream (Steps 3-5) or the assembled crostata for up to 4 days.

EQUIPMENT: Parchment paper

This flaky crostata relies on fruit for its sweetness, so be sure to use only ripe pears. If they're rock-hard at the store, put them in a paper bag with an apple or banana on the kitchen counter for a few days. (Photo: page 118.)

PASTRY DOUGH

- ½ cup white whole-wheat flour
- ½ cup all-purpose flour
- ¼ teaspoon kosher salt
- 8 tablespoons cold unsalted butter, cut into 12 pieces
- 1 large egg yolk (save the white for assembly)
- 2 tablespoons cold milk

ALMOND-PEAR CREAM

- 2 finely chopped pitted Medjool dates
- Pinch of baking soda
- ¾ cup finely chopped peeled ripe Bosc pear
- 3 tablespoons water
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ⅛ teaspoon kosher salt
- 2 tablespoons unsalted butter, at room temperature
- 1 tablespoon honey
- 2 large eggs
- 2 teaspoons vanilla extract
- 6 tablespoons almond flour
- 2 tablespoons all-purpose flour

ASSEMBLY

- 2 medium ripe Bosc pears, thinly sliced (about ⅛ inch)
- 1 tablespoon honey
- 1 tablespoon lemon juice
- 1 large egg white, lightly beaten
- ¼ cup sliced almonds

1. To prepare pastry dough: Whisk whole-wheat flour, ½ cup all-purpose flour and ¼ teaspoon salt in a medium bowl. Cut in 8 tablespoons butter with a pastry cutter, a fork or two knives until it is pecan-sized. Whisk egg yolk and milk in a small bowl; stir into the flour mixture with a fork until just combined.

2. Turn the dough out onto a clean surface and gather into a tight mound. Using the palm of your hand, smear the dough bit by bit until most of the butter chunks are incorporated. Gather into a ball then press into a disk about 1 inch thick. Wrap in plastic and refrigerate for at least 1 hour and up to 4 days.

3. To prepare cream: Place dates and baking soda in a small bowl. Add hot water to cover and soak for 15 minutes. Drain. Mash the dates in the bowl into a paste.

4. Combine the date paste, chopped pear, water, cinnamon, ginger and salt in a small skillet. Bring to a simmer over medium heat and cook, stirring occasionally, until the fruit is soft and the liquid is evaporated, 6 to 10 minutes. Remove from heat and let cool for 10 minutes.

5. Stir butter and honey together in a mixing bowl. Beat in eggs and vanilla with an electric mixer. Add almond flour and all-purpose flour. Beat until combined. Add the cooled pear mixture and beat until combined. (It may look a bit curdled, but that's OK.)

6. To assemble crostata: Unwrap the pastry dough. (Let sit at room temperature for 10 minutes if refrigerated for more than 1 hour.) Dust a sheet of parchment paper and the dough with flour. Roll the dough out on the parchment into a 13- to 14-inch circle. Brush off any excess flour and spread the almond cream evenly in the center of the dough, leaving a 3-inch border all around.

7. Toss sliced pears, honey and lemon juice in a medium bowl. Leaving any liquid in the bowl, layer the pears in concentric circles on top of the cream. Fold the dough up to cover the outside edge of the pear circle, pleating as you go (see *the picture on page 131*). Transfer the crostata on the parchment to a large rimmed baking sheet. Refrigerate for at least 1 hour (or up to 1 day).

8. To bake crostata: Preheat oven to 350°F.

9. Brush the pastry with egg white and sprinkle with almonds. Bake until the crust is golden brown, 45 to 55 minutes. Cool for at least 20 minutes before slicing.

SERVES 10: 1 slice each

CAL 272 / **FAT** 16G (SAT 8G) / **CHOL** 86MG / **CARBS** 27G / **TOTAL SUGARS** 12G (ADDED 3G) / **PROTEIN** 5G / **FIBER** 4G / **SODIUM** 73MG / **POTASSIUM** 163MG.

Apple Spice Muffins

ACTIVE: 30 min **TOTAL:** 1½ hrs

TO MAKE AHEAD: Store individually wrapped for up to 2 days at room temperature or up to 2 weeks in the freezer; defrost overnight at room temperature before serving. **EQUIPMENT:** 2 muffin tins with 12 (½-cup) cups, paper liners

Think of crème fraîche as sour cream's richer, thicker, less sour sibling. It's Joanne's secret ingredient and she uses it wherever she can. It gives these muffins a light texture and rich flavor. The batter is made with extra spices and tons of sweet fruit, which means you won't notice the minimal amount of white sugar. (Photo: page 122.)

MUFFIN BATTER

- 1¾ cups white whole-wheat flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon baking soda
- ½ teaspoon kosher salt
- ¼ teaspoon ground cloves
- ½ cup granulated sugar
- 8 tablespoons unsalted butter (1 stick), melted and at room temperature
- ½ cup crème fraîche, at room temperature
- ½ cup reduced-fat milk, at room temperature
- 2 large eggs
- 1 tablespoon vanilla extract
- ¾ cup dried cranberries or raisins, divided
- 3½ cups finely chopped peeled Granny Smith apples (2-3 large)
- 1 cup rolled oats

CRUMB TOPPING

- ¾ cup rolled oats
- ½ cup white whole-wheat flour
- 1 teaspoon ground cinnamon
- ¼ teaspoon kosher salt
- 4 tablespoons unsalted butter (½ stick), melted
- 3 tablespoons honey
- 2 teaspoons vanilla extract

1. Position racks in upper and lower thirds of oven; preheat to 350°F. Line 20 muffin cups with paper liners.

2. To prepare batter: Sift 1¾ cups flour, baking powder, 2 teaspoons cinnamon, ginger, baking soda, ½ teaspoon salt and cloves into a mixing bowl. Add sugar and 8 tablespoons butter and stir to combine. Add crème fraîche, milk, eggs and 1 tablespoon vanilla; beat on low speed for 10 to 15 seconds. Increase speed to medium-high and beat until light and fluffy, about 20 seconds.

3. Chop about half the cranberries (or raisins) into small pieces. Fold all the cranberries (or raisins), apples and 1 cup oats into the batter. Divide the batter among the prepared muffin cups.

4. To prepare topping: Mix oats, flour, cinnamon and salt in a medium bowl. Whisk butter, honey and vanilla in a small bowl; drizzle on top of the oat mixture and mix until well incorporated. Top each muffin with some of the crumb topping.

5. Bake on the upper and lower racks, rotating top to bottom halfway through, until lightly golden and firm to the touch, 30 to 35 minutes. Let cool in the tins on a wire rack for at least 30 minutes before serving.

MAKES: 20 muffins

CAL 220 / **FAT** 10G (SAT 6G) / **CHOL** 42MG / **CARBS** 29G / **TOTAL SUGARS** 12G (ADDED 8G) / **PROTEIN** 4G / **FIBER** 3G / **SODIUM** 138MG / **POTASSIUM** 129MG.

Nut & Honey Biscotti

ACTIVE: 30 min **TOTAL:** 5 hrs

TO MAKE AHEAD: Store uncoated biscotti airtight for up to 2 weeks; refrigerate chocolate-coated biscotti airtight between layers of parchment for up to 2 weeks. **EQUIPMENT:** Parchment paper

This crunchy Italian cookie isn't traditionally very sweet, so Joanne uses a little honey, which adds flavor along with mild sweetness. Dipping them in chocolate makes them extra special. (Photo: page 121.)

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- 1 cup whole raw almonds
- 1 cup raw walnuts, coarsely chopped
- 1 cup unsalted shelled pistachios
- 3 large eggs
- ⅔ cup honey
- 1 tablespoon vanilla extract
- 1¼ cups all-purpose flour
- 1 cup white whole-wheat flour
- ½ cup almond flour
- 1 teaspoon aniseed, finely chopped
- 1 teaspoon baking powder
- ¼ teaspoon kosher salt
- 1¼ cups bittersweet, semisweet or milk chocolate chips, melted

1. Position racks in middle and upper third of oven; preheat to 325°F. Line a large rimmed baking sheet with parchment paper.
2. Bake almonds, walnuts and pistachios on the prepared baking sheet until lightly toasted, 8 to 10 minutes. Set aside to cool.
3. Whisk eggs, honey and vanilla in a medium bowl until well combined. Combine all-purpose flour, whole-wheat flour, almond flour, aniseed, baking powder and salt in a large bowl. Pour the egg mixture into the dry ingredients and stir to combine. Add the nuts and stir until evenly combined.
4. Divide the dough in half and shape into two 3-inch-by-12-inch logs on the prepared baking sheet. (Use wet hands to shape the logs without sticking to them.)
5. Bake until completely browned and firm when pressed in the middle, 30 to 40 minutes. Let cool on the pan on a wire rack for 30 minutes.
6. Reduce oven temperature to 200°. Line another large baking sheet with parchment paper.
7. Working on a cutting board and using a serrated knife, cut the logs into ½-inch-thick slices. Arrange the biscotti cut-side down on the prepared baking sheets.
8. Bake for 1 hour. Turn each biscotti over and continue baking until completely hard in the middle, about 1 hour more. Let cool completely on the pans on a wire rack.
9. Coat one cut side of each biscotti with chocolate. Return to the parchment-lined baking sheets and refrigerate until set, about 20 minutes.

MAKES: about 3 dozen.

CAL 160 / **FAT** 9G (SAT 2G) / **CHOL** 16MG / **CARBS** 17G / **TOTAL SUGARS** 9G (ADDED 8G) / **PROTEIN** 4G / **FIBER** 2G / **SODIUM** 29MG / **POTASSIUM** 93MG.

Sticky Toffee Pudding with Maple Sauce

ACTIVE: 30 min **TOTAL:** 2 hrs

TO MAKE AHEAD: Refrigerate sauce (Step 5) for up to 1 week; gently reheat by submerging the container in a bowl of warm water. **EQUIPMENT:** 8-inch round cake pan, parchment paper

This is a healthier version of the gooey-rich dessert served in the winter at Joanne's Asian restaurant Myers+Chang in Boston. Lightly sweetened with maple syrup, the cake

PERFECTLY SWEET

is chock-full of rich naturally sweet dates. Adapted from Baking with Less Sugar *by Joanne Chang (Chronicle Books, 2015).* **(Photo: page 120.)**

- 1 cup chopped pitted Medjool dates (12-16 dates)
- ½ teaspoon baking soda
- ½ cup hot water
- ¾ cup white whole-wheat flour
- ½ cup all-purpose flour
- 3 tablespoons pure maple syrup
- 2 teaspoons vanilla extract
- 1 teaspoon baking powder
- ½ teaspoon kosher salt
- 4 tablespoons unsalted butter (½ stick), melted and cooled
- 2 large eggs

MAPLE SAUCE

- 8 tablespoons unsalted butter (1 stick), at room temperature
- ¼ cup pure maple syrup, at room temperature
- ¼ cup heavy cream, heated until barely warm

1. Preheat oven to 350°F. Butter and flour an 8-inch round cake pan and line the bottom with parchment paper.
2. Place dates and baking soda in a small bowl; add hot water and stir to dissolve the soda. Let sit, stirring occasionally, for 10 to 15 minutes to soften the dates.
3. Transfer the date mixture to a food processor or blender and process until smooth. Add whole-wheat flour, all-purpose flour, 3 tablespoons maple syrup, vanilla, baking powder and salt; process until well mixed. Add 4 tablespoons melted cooled butter and eggs; process until well mixed. Pour the batter into the prepared pan.
4. Bake the cake until it is golden brown and springs back when you press it in the center, 25 to 35 minutes.
5. **To prepare maple sauce:** Whisk butter and syrup in a medium bowl until well combined. Slowly whisk in cream. Let stand at room temperature as the cake bakes.
6. Place the cake pan on a wire rack. Spread about a third of the maple sauce over the cake. Let cool completely.
7. To serve, line a plate with parchment paper. Invert the cooled cake onto the parchment, then quickly invert it right-side up onto a serving plate. Serve with the remaining maple sauce.

SERVES 12: 1 slice cake & 1 tablespoon sauce each

CAL 274 / **FAT** 14G (SAT 9G) / **CHOL** 68MG / **CARBS** 36G / **TOTAL SUGARS** 23G (ADDED 7G) / **PROTEIN** 3G / **FIBER** 3G / **SODIUM** 157MG / **POTASSIUM** 227MG.

Lemon Poppy Seed Chiffon Cake

ACTIVE: 25 min **TOTAL:** 3 hrs 10 min

TO MAKE AHEAD: Store the unglazed cake airtight at room temperature for up to 2 days.

EQUIPMENT: 9-inch (removable bottom) tube pan

Beating the egg whites separately and then folding them into the batter gives this chiffon cake great height, while the egg yolks make it rich and tender. Be sure to use a completely clean bowl and whisk when beating the whites—if the whites come in contact with any fat they won't whip up airy and light. **(Photo: page 123.)**

CAKE

- ¾ cup sifted white whole-wheat flour
- ¾ cup sifted cake flour
- ⅔ cup granulated sugar, divided
- 3 tablespoons poppy seeds
- 1 tablespoon baking powder
- ½ teaspoon kosher salt
- 1 cup reduced-fat milk
- ½ cup canola oil
- 7 large eggs, separated
- 2 tablespoons lemon zest
- 1 tablespoon vanilla extract

GLAZE

- ¾ cup packed confectioners' sugar
- 1 teaspoon lemon zest, plus more for garnish
- 4 teaspoons lemon juice

1. **To prepare cake:** Preheat oven to 350°F.
2. Whisk whole-wheat flour, cake flour, ⅓ cup sugar, poppy seeds, baking powder and salt in a large bowl. Whisk milk, oil, egg yolks, 2 tablespoons lemon zest and vanilla in a medium bowl.
3. Beat egg whites with an electric mixer, preferably in a stand mixer with the whisk attachment, until frothy and the whisk leaves a trail in them, 1 to 3 minutes. Slowly add the remaining ⅓ cup sugar and continue to beat until the whites are a bit glossy and hold a soft peak when you raise the whisk, 2 to 3 minutes more.
4. Make a well in the center of the dry ingredients and pour in the wet ingredients; stir with a rubber spatula to combine. Fold in a few large spoonfuls of the egg whites. Add the rest of the whites and fold gently until well combined. Scrape the batter into an ungreased 9-inch tube pan with a removable bottom.
5. Bake the cake until it is pale golden brown and springs back when you poke it in the middle, 40 to 50 minutes. Cool upside down in the pan on a wire rack, about 2 hours. When cool, run a knife around the sides and bottom of the pan to remove the cake.
6. **To prepare glaze:** Just before serving, whisk confectioners' sugar, lemon zest and lemon juice in a small bowl. Drizzle the cake with the glaze; garnish with more lemon zest, if desired.

SERVES 12: 1 slice each

CAL 285 / **FAT** 13G (SAT 2G) / **CHOL** 110MG / **CARBS** 35G / **TOTAL SUGARS** 22G (ADDED 20G) / **PROTEIN** 6G / **FIBER** 1G / **SODIUM** 221MG / **POTASSIUM** 109MG.

Boston-based **JOANNE CHANG** *is the owner of Flour Bakery and Myers+Chang, an Asian fusion restaurant.*

BAL KISHORE KOSMOS II/GETTY IMAGES

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Easier Than Pie

There's no need to worry about sticking here. Chilled dough and flour-dusted parchment make this rustic crostata easy to roll out and fold *(recipe: page 124)*. **Discover more tips for successful holiday cooking ahead.** ☞

HELEN NORMAN STYLING; FRANCES BOSWELL, FOOD AVLSHA PATEL (DnOPS)

A Mobile Kitchen Counter

"Santa Baby, slip a John Boos utility cart under the tree . for me" is the song to sing this season. When the work surface in your kitchen starts to feel a bit crowded, this American-made maple rolling cart adds 4 feet of prep space with the expandable leaf. A slatted lower shelf displays pretty serving platters and the roomy utensil drawer stores extra tools. But it's the little details, like kitchen towel knobs, a knife holder and a handy electrical outlet strip, that make it a top wish-list pick. (From $969, "QCL" Deluxe Culi Cart, *johnboos.com*) —*Lucy M. Casale*

The Little Mixer That Can

Cooks tight on space, rejoice! The KitchenAid Artisan Mini stand mixer is the answer. Lighter and 20 percent smaller than its big sisters, it still has a powerful motor and 10 speeds able to whip up 5 dozen cookies in one batch. All of the standard KitchenAid attachments fit into the front port, so it can also become a spiralizer, juicer, meat grinder or pasta maker. Plus, it's available in the cute hues we've come to expect from KitchenAid. Case in point: the aptly named Hot Sauce, shown here. —*Breana Lai, MPH, RD*

3 Other Ways This Cart Rolls

1 BUFFET CADDY
When you're laying out a spread for a crowd, toss a tablecloth over the cart and use it as an extra table for your linens, flatware and plates.

2 BAR CART
Move guests out of the kitchen by putting your drinks on wheels. Plug in a blender and stock up on ice and mixers up top. Store extra wine, beer and glasses below.

3 DESSERT TABLE
Arrange pies, tarts and cookies ahead of time. Place pie servers, napkins and dessert forks in the drawer for easy access.

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Roll Call

SHOP SMART **Cooking a holiday meal is stressful enough without having to bake bread from scratch. So this year save some stress and pick up frozen rolls instead. You can still enjoy the waft of fresh bread *and* you can get them weeks ahead of time and bake only the amount you need. Seek out "whole-wheat flour" or other whole grains in the ingredient list to get the most fiber. Skip brands that contain hydrogenated oil.** ***—Julia Westbrook***

OUR PICKS

- **Pepperidge Farm Stone Baked Artisan Rolls Multi-Grain**
- **Angelic Bakehouse Sprouted Seven-Grain Dinner Rolls**
- **Rhodes Bake-N-Serv Multi-Grain Rolls**

Numbers to Look For

Amount Per Serving	
Sodium	< 300 mg
Fiber	> 1 g

All of these whole-grain picks have 3 grams of fiber!

Olives with Crunch

SNACK ON THIS How has no one thought to cover dried olives in a crunchy-spicy coating before now? These salty little baked treats from Gourmet Bazaar are delicious straight from the bag or stirred into a bowl of nuts and dried fruit to make a deluxe sweet-and-savory snack mix. Of the four gluten-free flavors, Rosemary was the all-around favorite, but tasters couldn't pass by the bowls of Mediterranean Curry, Pizza or Feta with Grilled Vegetables and not swipe a handful—they're all irresistible. *—L.M.C*

LABEL WATCH

Silicon dioxide

(aka: silica, SiO_2)

FOUND IN: Packaged ground spices; instant soup and gravy mixes; powdered creamers and drink mixes

WHAT YOU NEED TO KNOW In its natural form, silicon dioxide is a component of sand. Manufactured silicon dioxide is added to powdered and ground foods to keep them dry and clump-free, making products like spices easier to pour.

The FDA and other watchdog groups say synthetic silicon dioxide is safe. Nevertheless, some scientists are concerned because the particles are "nano," or super-small. In general, nanoparticles can have a different effect on the body than larger particles of the same material because they are more likely to enter the bloodstream. Not all nanoparticles are bad, but there isn't enough research about how the tiny bits of silicon dioxide affect us long-term. Research with the typical amounts that we eat suggests that this additive could subtly impact human health, particularly in the gut, where it may disrupt how nutrients are transported from food into the body.

BOTTOM LINE: If you're concerned, choose organic. Silicon dioxide has been banned in organics since 2014 and replaced by a new additive made from ground rice hulls.

—Anne Treadwell

ERICA ALLEN, STYLING; BREANA LAI (FOOD); MOLLY VEL"E (PROPS); FLEET WOOD BOWL, ANDREW PEARCE BOWL, BOARD & LINENS AVAILABLE AT VERMONT FARM TABLE

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1 Cradle the knife in the crease of your hand, with your thumb and index finger around the junction where the blade and handle meet. 2 Keep the tip of the knife in one place and rock the knife up and down to slice. To mince, add a side-to-side motion, with the tip still in place. 3 Cut off a small sliver on one side of a round vegetable or fruit so it will lie flat and won't roll away as you cut it. 4 Curl fingertips inward to create a C-shape. You'll protect your fingertips, plus your knuckles act as a guide for the side of the knife to rest on as you slice.

TIPS & NOTES

Semi-firm, brined **halloumi cheese** *(p.44)* is great for cooking because it holds its shape when heated. It can be salty, though—some have up to 900 mg of sodium per ounce. Pick one with closer to 300 mg per ounce.

Sunny yellow **Meyer lemons** *(p.42)* have a distinctive sweet-tart floral taste. Find them in late winter and early spring in well-stocked markets. You can substitute for the juice with 2 parts lemon juice and 1 part orange juice.

Rolled barley and **wheat flakes** *(p.58)* are steamed, dried and rolled flat whole grains. They can be cooked to make a hot cereal and used in place of rolled oats in most recipes. They're usually near other whole-grain cereals.

Star anise *(p.40)*—named for its star-shaped pods that come from a small evergreen tree native to China—lends a licorice-like flavor to many Asian dishes. Look for it with bulk spices in natural-foods stores or at Asian markets.

Ask Stacy

"Which bakeware performs best—metal or glass?"

– C. Kwapisz, Conshohocken, PA

Most of the time, either type of pan will give you good results. But there are slight differences because of the way each conducts heat. Here's how they affect brownies.

If you like fudgy brownies, a glass pan is best. It heats more slowly, so the batter takes a while to heat. Once it gets hot, glass holds in the heat, cooking the brownies around the edges faster while the middle stays fudgy. The heat continues to build in the pan the longer it's in the oven—keep a close eye toward the end of baking to prevent overdone (or even burned) edges.

If you like less-fudgy brownies with crispy edges, go for a dark metal pan. Metal heats up quickly and is noninsulating, so the heat transfers faster and more directly to the batter for more evenly done brownies. Darker metal or metal with a nonstick coating is best at conducting heat and crisping the edges where the batter touches the pan. Lighter-colored shiny or matte metals heat slower and create a less-crispy edge.

It's also important to note: because they can shatter, glass pans should never be placed over direct heat or under the broiler. And aluminum and cast-iron pans can react with acidic food(s), such as most fruit. So stick to glass, ceramic or coated-metal pans if baking desserts like fruit cobbler.

Finally, age-old recipe-writing convention is when a recipe calls for a "baking *dish*," that's code for a glass or ceramic dish. When a "baking *pan*" is specified, that means metal. For the best results, stick with the type of dish (or pan) called for in the recipe.

—Stacy Fraser

HAVE A QUESTION?
askus@eatingwell.com

ERICA ALLEN STYLING; BREANA LAFOOD; MOLLY VELTE/TROPIX; CUTTING BOARD: VERM INT FARM TABLE. ILLUSTRATIONS: EMMA D'EBEN

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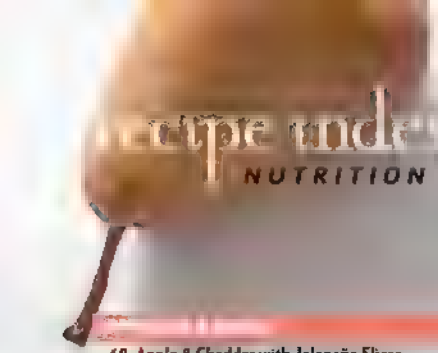

NUTRITION ANALYSIS

		45 MIN OR LESS	CALORIES	CARBS (g)	ADDED SUGARS (g)	PROTEIN (g)	FIBER (g)	SODIUM (mg)	POTASSIUM (mg)	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN	DAILY VALUE (20%+) CALCIUM (%)	FOLATE (%)	IRON (%)	VITAMIN A (%)	VITAMIN B_{12} (%)	VITAMIN C (%)
68	Apple & Cheddar with Jalapeño Slices	■	212	26	0	7	5	185	234	■				■	20					28
104	Cheese Fondue with Fennel & Tomatoes	■	202	6	0	11	1	175	143					■	35					
50	Orange-Oregano Marinated Vegetables	■	59	5	0	1	2	176	126	■	■	■	■	■						52
50	Rosemary-Garlic Marinated Vegetables	■	48	3	0	2	1	85	207	■	■	■	■	■						23
50	Sesame-Ginger Marinated Vegetables	■	58	5	0	1	2	74	161		■	■	■	■				102		31
48	Socca		152	13	0	5	3	307	197	■		■	■	■		25				
BREAKFAST																				
68	Ricotta & Yogurt Parfait	■	258	21	0	23	4	125	398	■		■		■	38					
58	Quinoa & Chia Oatmeal Mix	■	196	35	0	6	6	149	247		■	■	■	■						
DINNER																				
56	Apple, Fig & Brussels Sprouts Salad	■	248	23	2	4	5	173	434	■	■		■	■				56		78
90	Brassica Salad	■	201	16	0	4	5	167	520	■	■		■	■		20				121
111	Golden Beet Salad with Apricot Vinaigrette	■	260	31	0	6	6	334	790				■	■		53		99		93
SIDES																				
76	Braised Turnips with Crème Fraîche & Arugula Pesto		96	10	1	2	3	247	271	■										48
54	Broccoli Rabe with Cannellini Beans	■	196	21	0	10	5	293	283	■		■						149		178
117	Dukkah-Spiced Carrots	■	152	15	0	3	5	235	520	■		■		■				453		
56	Green Beans with Parmesan-Garlic Breadcrumbs	■	108	10	0	3	3	186	193			■		■						
90	Orange-Caraway Glazed Carrots		125	19	4	1	4	469	501	■		■		■				507		
90	Roasted Brussels Sprouts	■	133	10	0	4	4	124	414	■	■	■								145
91	Roasted Turnips with Citrus-Miso Butter		135	15	0	2	3	385	368	■		■		■						79
82	Wilted Kale with Warm Shallot Dressing	■	127	14	1	4	3	146	217	■		■	■	■				338		159
SOUP																				
54	Buttermilk-Sage Mashed Potatoes	■	155	27	0	3	2	258	505	■		■		■						25
77	Caramelized Onion & Apple Stuffing		230	27	2	6	5	286	278											
91	Chorizo-Fennel Stuffing		269	34	0	12	3	370	271											
91	Pan-Roasted Sweet Potatoes with Dried Cherries & Pecans	■	172	19	2	2	3	146	351	■		■						269		23
78	Vanilla-Rosemary Double-Potato Dauphinoise		175	23	0	6	2	253	450	■		■						123		
SOUP																				
49	Beet & Feta Socca		194	16	0	7	3	434	270	■		■		■		32				
49	Fig & Ricotta Socca		239	27	4	9	4	338	326	■		■		■		27				
108	Hoppin' John with Orange Bell Peppers		213	31	0	11	11	476	602	■		■	■	■		73	22	59		113
116	Moroccan Chickpea-Stuffed Acorn Squash		267	49	0	7	10	442	1,146	■	■	■	■	■		27	20	66		65
42	Roasted Gnocchi & Brussels Sprouts with Meyer Lemon Vinaigrette	■	424	64	0	11	7	551	677				■			20				181
49	Tomato-Pesto Socca		236	15	0	10	3	455	267	■		■		■		26				
44	Winter Salad with Halloumi "Croutons"	■	402	32	0	13	9	498	1,238	■						52		66		68
CHICKEN & TURKEY																				
68	Apricot-Rosemary Chicken with Roasted Carrot Salad	■	347	36	8	33	7	550	1,258	■	■	■				39		782		55
52	Chicken, Barley & Mushroom Soup		241	24	0	18	4	401	611			■						63		
66	Chicken Katsu with Creamy Slaw	■	539	26	1	33	5	611	577								21	75		106
68	Kale Turkey Wraps	■	291	43	6	28	7	225	512	■	■	■						89		77
82	Lemon-&-Fennel-Rubbed Turkey and Homemade Giblet Gravy		247	3	1	33	0	416	283	■		■								
FISH & SEAFOOD																				
49	Caramelized Onion, Olive & Anchovy Socca		200	17	0	7	3	668	240	■						26				
116	Rice Noodles with Butternut Squash & Five-Spice Shrimp		325	41	0	15	2	359	432	■	■	■						120		78
60	Seared Arctic Char with Bacon-Leek Chard		367	12	0	33	4	655	1,306	■							33	173	137	49
SOUP																				
40	Quick Beef & Napa Cabbage Pho	■	311	33	0	26	3	868	727	■						24		28	20	43
62	Slow-Cooker Cassoulet		540	54	1	35	14	625	1,192						22	41	32			40
DESSERTS & BAKED																				
126	Apple Spice Muffins		220	29	6	4	3	138	129											
80	Chocolate-Sweet Potato Parfait		282	37	25	3	3	82	319					■				144		
126	Lemon Poppy Seed Chiffon Cake		285	35	20	6	1	221	109	■	■			■						
124	Nut & Honey Biscotti		160	17	8	4	2	29	93		■	■		■						
124	Pear Almond Crostata		272	27	3	5	4	73	163					■						
124	Sticky Toffee Pudding with Maple Sauce		274	36	7	3	3	157	227					■						
112	Sweet Potato Tartlets with Cardamom-Saffron Yogurt		260	32	8	4	2	147	195					■				61		

HELEN NORMAN, STYLING; PLANTES DUSWELL (FOOD); AYESHA PATEL (PROPS)

KEY TO RECIPE & NUTRITION INDEX

HOW WE TEST RECIPES

Each of our recipes is tested in the *EatingWell* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.
  - "Active" time includes prep time (the time it takes to chop, dice, puree, mix, combine, etc. before cooking begins), but it also includes the time spent tending something on the stovetop, in the oven or on the grill—and getting it to the table. If you can't walk away from it, we consider it active minutes.
  - "Total" includes both active and inactive minutes and indicates the entire amount of time required for each recipe, start to finish.
  - "To Make Ahead" gives storage instructions to help you plan. If particular "Equipment" is needed, we tell you that at the top of the recipe too.

HOW WE ANALYZE RECIPES

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total & saturated (sat) fat, cholesterol, carbohydrate, total & added sugars, protein, fiber, vitamins and minerals, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. The complete analysis appears with each recipe or on *eatingwell.com*; some nutrients are highlighted here.
- Garnishes and optional ingredients are not included in analyses.
- To help people eat in accordance with the USDA's Dietary Guidelines for Americans, *EatingWell*'s suggested portions generally are based upon standard serving sizes. For example, suggested servings for meat, poultry and fish are generally 3 to 4 ounces, cooked. A recommended portion of a starch-based side dish, such as rice or potatoes, is generally ½ cup. Vegetable side dishes are a minimum of ½ cup.

KEY TO COLUMN LABELS

45 MIN OR LESS: A recipe's start-to-finish time is 45 minutes or less.

LOW-CAL: Entrees have ≤375 calories per serving; combination meals have ≤575 calories. Side dishes, muffins, breads and appetizers have ≤200 calories per serving; desserts have ≤225 calories per serving; dips and salsas, sauces and salad dressings have ≤75 calories per serving.

HEART-HEALTHY: Recipes have limited saturated fat and sodium. Entrees have ≤2 grams saturated fat (seafood entrees have ≤4 grams) and ≤360 milligrams sodium per serving; combination meals have ≤4 grams (seafood ≤6 grams) and ≤600 milligrams sodium per serving. Side dishes, muffins, breads, appetizers and desserts have ≤2 grams saturated fat and ≤240 milligrams sodium per serving; dips and salsas and sauces have ≤1 gram saturated fat and ≤140 milligrams sodium per serving.

VEGETARIAN: Meatless or includes meatless options.

VEGAN: No animal products. Check the labels of ingredients, such as chocolate, to make sure they don't contain hidden sources of animal products.

GLUTEN-FREE: Does not include wheat, rye, barley or oats. Check the labels of ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

% DAILY VALUE: When a recipe provides 20% or more of the Daily Value (DV) of a nutrient, it is listed. These values are FDA benchmarks for adults eating 2,000 calories a day.

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Pigs for Prosperity

Chuck Talbott's model for raising gourmet hogs may help West Virginia's farmers make a living off their land while improving it too

WHO HE IS Chuck Talbott isn't your typical farmer. He wrangled sheep in New Zealand, has a Ph.D. in animal science and gained honorary membership in Cameroon's Fulani tribe while advising its chief about how to breed better cows. Now he's back to his farming roots (he grew up on a farm), raising hogs outside of Charleston, West Virginia. Talbott is also an extension agent for the state, where he has a mission: to help small-scale farmers make a living without resorting to factory farming.

WHAT HE DID Talbott knew Spanish farmers produced the legendary ham called *jamón Ibérico* by using a specific model: their pastured pigs were finished on acorns in oak forests. So in 2006, he started raising hogs on his own farm using that same model. Talbott's pigs start in large pens on pasture, then they spend up to two months in late summer and early fall feasting on acorns and other nuts, persimmons and invasive Japanese stiltgrass in his woods. The results? "The flavor of Talbott's woodland pork is exquisite," says University of Kentucky chef-in-residence Bob Perry. "It is rooted to the land where it's raised. That's the very definition of terroir."

WHY IT'S COOL Not only are Talbott's hams fetching nearly 10 times more than conventional ones sell for in his area, he also realized that farmers could use the hogs as living composters to improve their tough-to-farm-in clay soil. The hogs were already working nitrogen-rich manure into the ground with their hooves and snouts, so he spread wood chips and barley straw into their pens to add essential carbon. "If there's better soil in West Virginia, I'd like to see it," Talbott quips. University of Kentucky sustainable agriculture extension professor Lee Meyer says Talbott may be onto a model for other farmers in the area. "His practical approaches offer alternatives that farmers really can use; that's key to ecological and financial sustainability."

MARTIN M. PETERSON

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